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Thursday, April 19, 2012

News worth sharing.



Ottawa Senators' Milan Michalek, right, is hit into the boards by New York Rangers' Derek Stepan during the first period of Game 4 of the teams' first-round NHL Stanley Cup playoff series at the Scotiabank Place on Wednesday. Ottawa won 3-2 in overtime. For more on the game visit [metronews.ca/ottawa](http://metronews.ca/ottawa). SEAN KILPATRICK / THE CANADIAN PRESS

## Senators fight to OT victory

**Nail-biter.** Fans of all ages pack Scotiabank Place as Ottawa comes back to beat the Rangers in overtime

JESSICA SMITH  
[jessica.smith@metronews.ca](mailto:jessica.smith@metronews.ca)

Sens fans celebrated an overtime win Wednesday night the only way they know how — by jumping on their feet and screaming in ecstasy.

All night, fans marked the absence of Captain Daniel Alfredsson, who stayed off the ice with a head injury, with the most heartfelt cheer: "3-2-1 Alfie, Alfie, Alfie."

It was a perfect game for young fan Micah Della Foresta, 9, who saw his first playoff game and the loud,

boisterous fan mania that comes with it.

Walking into the game, he was hopeful he'd see his favourites: "That would be, I don't know, I like Karlsson, Spezza, Alfie," he said.

Older, wilder fans like Erik Faucon had whipped up fans going into the game, yelling loudly about his high hopes.

"I think we're going to win tonight. We're going to tie it up 2-2. It's going to be an amazing series," he said. "I'm so excited, beyond excited — like so excited it's going to be amazing."

"Sens fans are f---in' awesome," he added. "Everyone thinks that they're not out to play — whatever, they're just bandwagon fans or whatever. I don't believe that. It's awesome."



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# Applause erupts not for the Sens, but for a fellow fan

**For charity.** Husband illustrates his wife's selflessness during the hockey game for Scotiabank's charity initiative The Richness Project



**JESSICA SMITH**  
jessica.smith@metronews.ca

Thousands of Sens fans got on their feet at Scotiabank Place on Wednesday evening — not for the hockey players, but for Sens fan Georgina Neville.

Neville takes care of her two severely disabled sons and volunteers at Roger's House while her husband, Shawn, serves in Afghanistan with the Canadian Forces.

Shawn told that story in a video played on the big screens during the first intermission of the game.

As cameras clicked and filmed her, she smiled and put her head in her hands.

"It's my life," she said afterwards.

"It's heartwarming to see my babies up there."

Georgina was a little too overwhelmed to notice the thousands of fans stand up and cheer for her as the video ended — but her husband did. "It was great," he said. "She deserves it."

Shawn spent the past week and a half staying up nights emailing photos of her and the family for the video while she was sleeping.

Apparently he didn't have a perfect poker face, but he didn't give it away.

"I thought something was up, but I didn't think it was this," she said.

It's part of a Scotiabank charity initiative called The Richness Project.

For every Canadian who submits a photo that illustrates the richness of their life, Scotiabank will donate \$1 dollar to a charity.

For the Neville's video, the bank donated \$10,000 to Rogers House.

For more info on the Richness Project, go to TheRichnessProject.com



Georgina Neville and her husband Shawn pose for a photo after Georgina was recognized during the Senators' game against the New York Rangers on Wednesday. JESSICA SMITH/METRO

## Woman beaten by spouse dies in hospital



Theresa Moreau Lefebvre is pictured with her estranged husband Peter Lefebvre. Theresa died Wednesday morning in hospital after suffering grievous injuries when she was attacked by Peter in her home. Peter committed suicide after the attack. The couple has two teenaged boys.

FACEBOOK

A Stittsville woman who was clinging to life after her husband brutally attacked her last Wednesday, has died.

Police said Theresa Moreau Lefebvre, 46, died in hospital Wednesday morning, making her the fourth homicide victim in Ottawa in 2012.

The case is now in the hands of the major crime unit and is considered a murder-suicide.

On April 11, police received a 911 call from a distraught Peter Lefebvre, 43,

at 9:03 a.m. at 64 Hartsmere Drive.

When they arrived, they found Theresa inside the home with "very serious" life-threatening injuries.

Reports say her husband beat her with a baseball bat and they were in the process of separating.

Police began searching for Peter Lefebvre and found him dead in a wooded area about three kilometres from the home, around 1 p.m. that day.

When contacted by Metro

Wednesday afternoon, Theresa's mother, Frances Moreau, said the family would not make any statements to the media.

Moreau told the Ottawa Citizen last week her daughter was afraid of her husband and the couple had a history of abuse, although Peter Lefebvre's sister-in-law denied those allegations.

Police said they attended their home in March, but it was "the first and only prior call" to the home.

SEAN MCKIBBON/METRO



NEWS

On the web

### See plasma erupt from the sun

NASA released photos and video footage of a glowing red loop of plasma erupting from the sun's surface on Monday. Watch at metronews.ca

### Mystery behind Viking hats

Ever wonder who came up with the genius idea that Vikings should wear hats with horns? Turns out, probably no one (well, maybe poets and artists). Watch as this and other historical misconceptions are set straight at metronews.ca.

Mobile news



A 'monster' international drug bust nabbed more than 43 tonnes of hash, says the RCMP. The estimated \$860 million worth of hash destined for Halifax and Montreal was found in several countries, including Pakistan, Belgium, Italy and Canada. Scan the code for the story.

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# Busloads of students arrested in Quebec tuition-hike protest

**March halted.** Arrests follow days of protests, court injunction keeping protesters out of school



JESSICA SMITH

jessica.smith@metronews.ca

More than 160 students were arrested in Gatineau Wednesday at a protest against Quebec hiking post-secondary tuition.

They were cuffed, loaded onto STO buses, brought to the police station and given a \$444 fine under a provincial traffic bylaw for blocking the road, police said. All but one arrest was made under the province's Highway Traffic Act; the only exception was a person arrested for allegedly obstructing police.

"They were walking on the

street and obstructing traffic," said police spokesperson Pierre Lanthier. "That's why we will bring them to the police station and we will identify them and as soon as it's finished here we will release them."

Police advised the protesters Wednesday morning and the day before there would be "zero tolerance" for blocking the road, said Lanthier.

The protesters marched from Université du Québec en Outaouais to Du Lac Des Fées Promenade, where Gatineau police officers stopped them.

Officers in riot gear surrounded the protesters on three sides with forest on the other.

Protesters chanted, sang and danced inside the cordon of police as other protesters gathered on the outside.

About two hours later, police began arresting protesters — many of whom lined up and waited for their turn to be put into plastic zip cuffs.



Students and others protesting a proposed tuition hike face off with police in Gatineau Wednesday morning. METRO/JESSICA SMITH

## Hélène Campbell turns 21, faces recovery complications



Hélène Campbell, Ottawa's organ-donation-awareness heroine, smiles from her hospital bed in a photo released by her family. ALUNGSTORY.CA

Hélène Campbell celebrated her 21st birthday Wednesday and showed off some "dance moves" in hospital despite facing post-surgery complications, her family said.

The family of the double lung-transplant recipient from Ottawa posted a new update on [alungstory.ca](http://alungstory.ca) Wednesday, explaining some of the hurdles the birthday girl is facing as she recovers in the Toronto General

Hospital.

Campbell underwent the transplant surgery April 7 to treat idiopathic pulmonary fibrosis.

The family said Campbell had to receive a tracheostomy in order to prevent potential problems that could arise after using a breathing tube for an extended period of time.

A tube now enters a surgical hole in her throat and is con-

nected to a ventilator to help her with her chest physiotherapy, deep breathing and coughing.

Campbell is also facing an early stage of rejection, which doctors said is not unusual, especially with younger patients who have strong immune systems. She is being treated with an extra dosage of steroids.

She is taking antibiotics for a lung infection as well, the

family said.

Campbell still managed to make her family and nursing staff laugh, the update said.

"We witnessed some of her first dance moves, bobbing her head and shoulders to the tune of Walking on Broken Glass by Annie Lennox today," a family member said. "She daily displays persistence, patience and perseverance continuing to be positive." JOE LOFARO/METRO

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## Ottawa's lost community deserves better, author says

### LeBreton Flats.

Critic of the handling of neighbourhood to speak in pub near the heart of the new development

**GRAHAM LANKTREE**  
ottawa@metronews.ca

More than 2,800 residents living in LeBreton Flats opened their mail 50 years ago Wednesday to find their community, their homes, their church and their favourite bar would be levelled.

"There once was a neighbourhood there and there will probably never be one there again," said author Phil Jenkins, of Ottawa's lost community.

Jenkins' 1996 book *An Acre of Time* chronicles the history of the flats and at 7 p.m. at the Mill Street Brew Pub, he is commemorating the 50th anniversary with a talk about the area's past and what its future holds.

"It's really about bearing witness to this event and looking to the future of the flats," said Nancy Oakley of Heritage Ottawa, which is putting on the event. "Historically it was the industrial heartland of the city. Thomas 'Carbide' Willson who invented carbide had his workshop there and it's an important space for the country."



On April 19, 1962, LeBreton Flats residents opened their mail to find their homes were being expropriated. LIBRARY AND ARCHIVES CANADA/TED GRANT

After the community was levelled, Jenkins said, the land stood empty for more than 32 years. "It took quite a while for the (National Capital Commission) to negotiate with the city and province."

Still, he's unimpressed with the job the NCC has done to revitalize the land. "A four-lane commuter

highway, the War Museum and a block of what is, by common agreement, one of the ugliest condo developments in the city is the best they could do after all this time?" he asked.

Join Jenkins at 7 p.m. Thursday at The Mill St. Brew Pub at 555 Wellington St.

### Political talk

## Freedoms, dissent and Salutin

On Saturday Toronto Star columnist and award-winning writer Rick Salutin is taking the pulse of political dissent in Canada and wonders whether the patient might be slipping away.

"I think the attempt to curtail government scientists and scientific data is worrying and the picture across the board is scary," Salutin said, of new policies designed to muzzle publicly funded scientists.

"The government got rid of the long-form census, so we don't have information to base policy discussions on," he added. "They seem to guess that simple fact gathering is the enemy of their policies."

At the main branch of the Ottawa Public library, Salutin will talk about threats to freedoms on the Internet, the disintegration of the Occupy Wall Street movement and police brutality at the G20 summit in a talk titled *Is Dissent Alive and Well in Canada?*

"The democratic potential of the Internet is massive," Salutin said. "But the danger to it and to curtailing that discussion are also underestimated," he said of Bill C-30, which would give the government wide-ranging powers to intercept communications online.

Catch Salutin's talk at 3 p.m. at the Ottawa Public Library at 120 Metcalf St.

GRAHAM LANKTREE/FOR METRO



Rick Salutin

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# Khadr's transfer from Guantanamo Bay in Ottawa's hands

**Diplomatic wrangling.** Suggestions say reluctant Canadian government being strong-armed into taking war criminal

Convicted Canadian war criminal Omar Khadr, who became a poster child for the excesses of the war on terror, is a significant step closer to leaving Guantanamo Bay with a formal request for his transfer to Canada now in Ottawa's hands.

But diplomatic wrangling persisted, with one source suggesting the Americans were "desperate" to send Khadr home, and that a reluctant Canadian government was essentially being strong-armed into taking him.

According to the source, the Americans are "bending over backwards" to ensure Khadr's exit from Guantanamo Bay and will have to "bend their way



Ottawa has received an application from convicted war criminal Omar Khadr to transfer from Guantanamo Bay to Canada. THE CANADIAN PRESS

around a number of their own rules" to make that happen.

"The U.S. needs to get rid of this guy for their own reasons," said one source familiar with the file.

"The United States basically asked Canada for a diplomatic favour and Canada previously agreed to look at a request of this nature favourably."

A spokeswoman for Public Safety Minister Vic Toews con-

firmed on Wednesday that the federal government was considering the request to take him off U.S. hands, which sparked an outpouring of mostly anti-Khadr reaction among Canadians.

"The government of Canada has just received a completed application for the transfer of prisoner Omar Ahmed Khadr," spokeswoman Julie Carmichael said.

"A decision will be made on this file in accordance with Canadian law."

The Pentagon would not confirm that Secretary of Defence Leon Panetta had signed off on the formal transfer request, which also requires the president to give Congress 30 days notice.

Khadr, 25, was eligible to return to Canada from Guantanamo Bay last October under terms of a deal reached a year earlier in which he pleaded guilty to five war crimes committed in Afghanistan as a 15-year-old.

THE CANADIAN PRESS

## First Nations. Court orders hearing for child welfare

A new Federal Court ruling on child welfare clears the way for First Nations to challenge federal funding for education, policing and health care, says the Canadian Human Rights Commission.

The court handed First Nations groups and child-welfare advocates a victory on Wednesday, ordering a new hearing into whether Ottawa is discriminating against native children.

The ruling rejected the federal government's technical attempts to prevent First Nations groups from arguing for better

funding for child welfare on reserves.

"It really underpins the access to justice for all First Nations people," acting human rights commissioner David Langtry said in an interview.

"This is extremely significant to us. It's a key test of our legislation as it applies to First Nations."

The ruling means First Nations and the federal government will have a full-blown hearing about whether Ottawa is treating native children unfairly.

THE CANADIAN PRESS



A boy from Cat Lake First Nation in northern Ontario stands in the bright spring sun on April 13. HEATHER SCOFFIELD/THE CANADIAN PRESS

### Day of death

## Stafford trial: Rafferty bragged luck was changing

Hours before eight-year-old Victoria Stafford was abducted and killed, the man accused in her death bragged online that good things were coming.

The trial of Michael Rafferty was shown a screen capture today of his Facebook profile page from the spring of 2009 and on the morning of April 8 he posted: "everything good is coming (sic) my way."

Tori was abducted outside her Woodstock, Ont., school that day just after the 3:30 dismissal bell and one of Rafferty's girlfriends at the time, Terri-Lynne McClintic, has admitted she led the girl away.

McClintic, who is already serving a life sentence after pleading guilty to first-degree murder, testified that she kidnapped a child at Rafferty's urging and that he sexually assaulted Tori before she was killed.

Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

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# Man accused in beating death appears in court



Andre Noel Denny arrives at Halifax Provincial Court Wednesday on a second-degree murder charge in the beating death of Raymond Taavel. RYAN TAPLIN/METRO



ALY THOMSON  
For Metro in Halifax

Andre Noel Denny was forthright and unapologetic as he emerged from a Halifax provincial court elevator on Wednesday with his hands cuffed and legs shackled.

"Public drunken fight. What can I say?" Denny loudly proclaimed to reporters as he was escorted by two police officers into the courtroom.

Denny, charged with second-degree murder in the beating death of Raymond Taavel, was remanded back

to the East Coast Forensic Hospital in Burnside for a psychiatric assessment after a brief appearance.

The 32-year-old Cape Breton man will return to court on May 17 for a hearing to determine if he's fit to stand trial or if he could be exempt from criminal responsibility.

Taavel, a well-known gay-rights activist, was beaten to death early Tuesday morning outside a bar on Gottingen Street.

Denny, a patient of the Burnside hospital, failed to return to the facility following an unescorted one-hour leave on Monday evening.

## Criminally responsible?

**"Right now, he just seems very depressed. He just seems very scared."**

Pavel Boubnov, who represented Andre Noel Denny on Wednesday.

He was in the hospital after being found not criminally responsible on a charge of assault causing bodily harm from an incident in Sydney in January.

Court documents from 2009 describe Denny as suffering from paranoid

schizophrenia with a history of "aggressiveness, impulsivity and unpredictability," and as being "grossly psychotic."

Pavel Boubnov, a defence lawyer who was representing Denny on Wednesday, said he should not have been released from the hospital that night.

"You just simply look at the file for this person to understand that he should be closely monitored by medical professionals," he said.

"The anti-psychotic medication (does) interfere with alcohol... so he obviously was under the influence of alcohol (Monday)."

## Early release?

### Mothers oppose parole in slayings

The mothers of two RCMP officers gunned down in Alberta seven years ago say they don't want a man convicted in the deaths to get parole.

Shawn Hennessey was sent to prison in January 2009 after pleading guilty to manslaughter. He is to appear before a parole hearing Wednesday at the Grande Cache Institution in northwestern

Alberta. He wants day parole and unescorted temporary absences.

Doreen Jewell-Duffy, mother of slain constable Anthony Gordon, plans to attend the hearing. She has told the National Parole Board that it should turn down Hennessey's request.

"He needs to stay and serve his sentence," said Jewell-Duffy, who noted that it was Hennessey who gave gunman James Roszko a drive to the farm where four Mounties were shot in March 2005.

THE CANADIAN PRESS



Shawn Hennessey  
IAN JACKSON/THE CANADIAN PRESS

## Elephant exodus

### Toronto zoo loses accreditation

After more than three decades, the Toronto Zoo has been denied accreditation by the Association of Zoos and Aquariums.

The zoo is still able to operate but has lost the approval of the association, a group of experts in animal management and care.

The group evaluates each zoo on a series of standards, including

veterinary care, educational programs, safety and governance.

One of its main concerns was a controversial decision to ship three of the zoo's elephants to a sanctuary in the United States.

The zoo's CEO John Tracogna says the key issue was governance and had nothing to do with its care of animals.

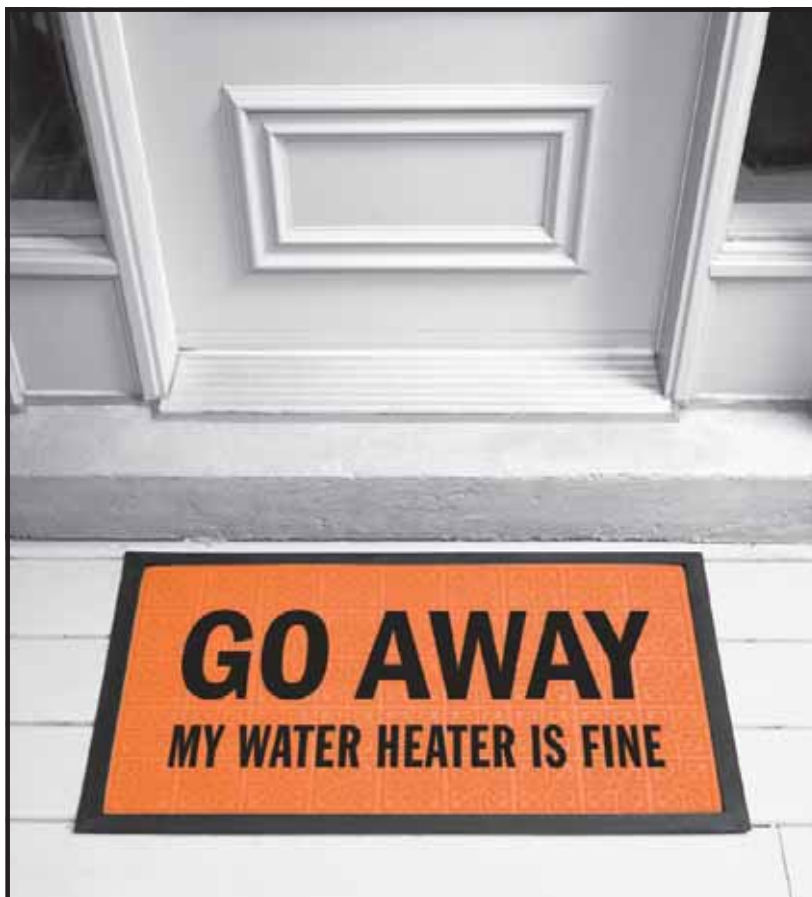
He said zoo officials are "disappointed" in the decision but will work to regain accreditation next year. THE CANADIAN PRESS

## Fossils

### Prehistoric birds found in Sask.

Four new species of prehistoric birds have been identified based in part on fossils found in Grasslands National Park in southwest Saskatchewan. Named *Brodavidae*, it includes a new genus — *Brodavis* — and four new species. The species *Brodavis americanus* was also discovered in other parts of North America.

THE CANADIAN PRESS



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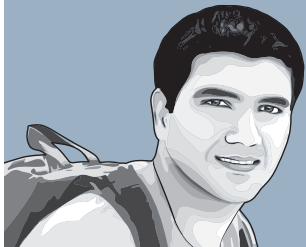
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# Young mother killed, infant son abducted

**Near Houston.** Nurse, 30, faces murder charge, baby located unharmed. Victim 'in wrong place at the wrong time,' says DA

A nurse admitted to fatally shooting a young mother in a town near Houston and abducting the dying woman's newborn son whom she apparently intended to adopt, authorities said Wednesday.

Verna McClain is charged with capital murder in the killing of Kala Marie Golden, 28.

Witnesses saw a woman repeatedly shoot Golden on Tuesday afternoon in the parking lot of a pediatric clinic.

She then drove away with Golden's infant son Keegan who was found Tuesday evening, unharmed, at a home with McClain's sister, author-



Keith Schuchardt's wife murdered, child abducted. THE ASSOCIATED PRESS

ities said.

According to an arrest record, McClain, 30, admitted to shooting Golden and taking Keegan to Harris County, where the baby was subsequently found.

McClain gave authorities information that only the shooter would know, according to the arrest record.

She is being held without bail.



In this family snapshot Kala Marie Golden, right, is shown with her two sons. Golden was murdered and her newborn was abducted. SCHUCHARDT FAMILY/THE ASSOCIATED PRESS

District Attorney Brett Ligon said McClain's statement to investigators indicates she shot the mother as

part of a wider plan to kidnap any child and that Golden was simply in the wrong place at the wrong time.

Authorities say they have sufficient evidence to prove that she kidnapped and murdered. THE ASSOCIATED PRESS

'World's oldest teenager'

## Dick Clark of American Bandstand dead at 82

Dick Clark, the ever-youthful television host and tireless entrepreneur who helped bring rock 'n' roll into the mainstream on American Bandstand, and later produced and hosted a vast range of programming from game shows to the New Year's Eve countdown from Times Square, has died. Clark had a heart attack Wednesday morning at Saint John's hospital in Santa Monica, Calif., where he had gone for an outpatient procedure.

Clark had continued performing even after he suffered a stroke in 2004 that affected his ability to speak and walk.

He was called "the world's oldest teenager" because of his boyish face.

For a time in the 1980s, he had shows on all three networks and was listed among the Forbes 400 of wealthiest Americans.

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Confessed mass killer Anders Behring Breivik, left, talks with his lawyers at the Oslo court on Wednesday. "I am a militant Christian," he testified in Courtroom 250. LISE ASERUD/THE ASSOCIATED PRESS

# Freedom or death: Mass killer reveals his stark choice

**Norway's massacre trial.** 'I view 21 years in prison as a pathetic sentence,' Breivik tells the court in sensational testimony

The right-wing fanatic on trial for massacring 77 people in Norway says he wants either freedom or death.

He called the country's set prison terms "pathetic" and argued for the return of capital punishment, which was last used in Norway to execute Nazi collaborators after the Second World War.

"Acquittal or the death penalty are the only logical outcomes of this case," the confessed killer said.

"I view 21 years in prison as a pathetic sentence."

In the third day of his Oslo terror trial, Anders Behring

## The world reels

Breivik claims Muslim immigrants are colonizing Europe with the tacit approval of liberal governments. That's why, he says, he went on a murderous rampage that shocked the world.

- **Oslo.** Eight people were killed in a bombing at government headquarters.

- **Utoya.** Sixty-nine people, mostly teenagers, were shot to death on the island outside the capital.

Breivik was grilled by prosecutors about the anti-Muslim militant group he claims to belong to.

He rejected their suggestions that the "Knights Templar" doesn't exist, but admitted he had embellished when describing the network

in a 1,500-page manifesto he published online before the bomb-and-shooting rampage on July 22. He described it as a leaderless network consisting of "independent cells."

Prosecutors told reporters after Wednesday's hearing that they don't believe the group is real or that the meetings Breivik claims took place in Liberia, Britain and the Baltic countries ever happened.

The issue is of key importance in determining Breivik's sanity, and whether he's ultimately sent to prison or compulsory psychiatric care.

If found sane, Breivik could face a maximum 21-year prison sentence or an alternate custody arrangement that would keep him locked up as long as he is considered a menace to society.

If declared insane he would be committed to psychiatric care for as long as he's considered ill.

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# No more weed for foreigners in Amsterdam?



A young man lights a joint in coffee shop Cool Running, which is licensed to sell marijuana, in Maastricht, Netherlands. ERMINO ARMINO/THE ASSOCIATED PRESS

## Drug tourism.

Businesses fight plan to turn marijuana cafes into members-only clubs open solely to Dutch residents

Dutch coffee shop owners went to court Wednesday in a last-ditch bid to block a government plan to stop foreign-

ers from buying marijuana in the Netherlands.

Lawyers representing the coffee shops oppose what would be the most significant change in decades to the country's famed soft drug tolerance: turning marijuana cafes into "members only" clubs open solely to Dutch residents.

Members would only be able to get into the coffee shops by registering for a "weed pass" and the shops would only be allowed a maximum of 2,000 members.

The move comes into force in the south of the country May 1 and is scheduled to roll out nationwide on Jan. 1, 2013.

Whether it will be enforced in Amsterdam, whose coffee shops are a major tourist draw card, remains to be seen.

Mayor Eberhard van der Laan says he wants to negotiate a workable compromise with the country's Justice Minister Ivo Opstelten.

Lawyers for the cafe owners told a judge at The Hague District Court that the move — aimed at reining in problems caused by foreign "drug tourists" who buy marijuana in the Netherlands and resell it in neighbouring countries — is "clearly discriminatory."

Lawyer Ilonka Kamars argued that Dutch drugs policy gives citizens "the fundamen-

## Local impact

**"We understand that this topic is something that's of interest to tourists, but it's equally important to our Dutch customers, which is most of them."**

Marc Josemans, Easy Going coffee shop

tal right to the stimulant of their choosing" and should not deprive visiting foreigners of the same right.

Another of the coffee shop lawyers, Maurice Veldman, told The Associated Press outside the court that the problem of drug tourism is confined to southern provinces close to the Dutch border with Germany and Belgium and should be tackled with local measures, not nationwide legislation.

But government lawyer Eric Daalder defended the measures. "Fighting criminality and drug tourism is a reasonable justification" for the crackdown, Daalder told the court.

He said the government wants to bring coffee shops back to what they were originally intended to be: "small local stores selling to local people." **THE ASSOCIATED PRESS**

## Airport security. Man strips naked in protest of security screening

Port of Portland police say a 49-year-old man stripped naked at Portland International Airport as a protest against airport security screenings.

The incident report said John E. Brennan's actions Tuesday evening caused some passengers to cover their eyes and their children's eyes while others looked, laughed and took photos. Two screening lanes were temporarily closed.

Police say the Portland man was arrested for investi-

gation of indecent exposure and disorderly conduct.

The Oregonian newspaper reports that the Port of Portland summary said Brennan "disrobed completely naked" while going through a security screening area.

He later told authorities he flies often and "disrobed as a form of protest against TSA (Transportation Security Administration) screeners he felt were harassing him."

He missed his flight to San Jose, Calif.

**THE ASSOCIATED PRESS**

## Human rights

### Inventor of web warns U.K. to drop surveillance plans

The scientist credited with inventing the World Wide Web says he's warned Britain's government to ditch plans to extend surveillance of Internet activity.

Tim Berners-Lee, who developed the web in 1990, says the proposals to allow intelligence agencies to monitor Internet use and digital communications of British citizens

would be a "destruction of human rights."

Berners-Lee told The Guardian newspaper in an interview published Wednesday that the proposals would place intimate information at risk of theft.

He says the government has not explained how it could safely store the data, meaning the plan should be scrapped.

Britain's Home Office has insisted that any new surveillance program would be limited and aimed at serious crime and terrorism.

**THE ASSOCIATED PRESS**

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# Bully's paralyzing punch costs school district \$4.2M

**Settlement.** New Jersey district settles lawsuit over bully's punch that paralyzed middle-school student

A New Jersey school district has agreed to pay \$4.2 million US to settle a lawsuit by a middle-school student who was paralyzed when a known bully punched him in the abdomen.

The settlement between the Ramsey school district and the family of Sawyer Rosenstein, who had complained to the district about being bullied, was worked out over the past two months but not made public until last week.

The family's lawsuit alleged school officials knew or should have known the boy's attacker had violent tendencies and failed to comply with a state anti-bullying law, said

## Taking a stand

- The Rosensteins also settled a claim against the boy who attacked their son. Youngman said the terms were confidential.
- New Jersey enacted a tough new anti-bullying law in 2011. Youngman said such laws are effective only if they are enforced and adequately funded.

the Rosensteins' attorney, Jeffrey Youngman.

The boy had punched another student in the face on a school bus a year earlier, but the school kept no record of it or other attacks and the attacker was not subjected to escalating discipline, the suit said.

Just three months before being punched, Rosenstein, then 12, emailed school officials to report he was being

bullied and to ask for help.

"I would like to let you know that the bullying has increased," he wrote to his guidance counsellor. "I would like to figure out some coping mechanisms to deal with these situations, and I would just like to put this on file so if something happens again, we can show that there was past bullying situations."

Sawyer was punched in the abdomen at school on May 16, 2006, dropping him to his knees. Two days later, the seventh-grader let out a scream in his bedroom. "We picked him up and called an ambulance," his father, Joel Rosenstein, told The Record of Woodland Park.

The blow had caused a clot in a major artery that supplies blood to his spine, leaving him paralyzed from the waist down from what his attorney described as an "incredibly rare" injury.

THE ASSOCIATED PRESS



## The Opposition settles in

NDP Leader Tom Mulcair and his wife Catherine Pinhas pose in the doorway of Stormoway, the residence of the leader of the official Opposition, in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

## Police watchdog

### Officer charged after police dog bites suspect

The province's police watchdog says a Belleville officer has been charged in an incident in which a man was bitten by a police dog.

The Special Investigations Unit says Justin Nolan, 31, suffered serious dog-bite injuries to his right leg. Const. Jeff McNevin, the handler of the dog, is facing one charge of assault causing bodily harm. THE CANADIAN PRESS

## Reality TV

### Men charge The Bachelor with discrimination

Two black men are taking The Bachelor and The Bachelorette to court with a lawsuit that claims the reality shows are blocking contestants of colour from starring roles.

Nathaniel Claybrooks and Christopher Johnson filed a federal lawsuit in Nashville Wednesday. THE ASSOCIATED PRESS



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# Canada becoming a net loser in oil-price increases: BoC

## Crude costs.

Oversupply and capacity contributing to undervaluing of western Canadian oil, Bank of Canada says

The Bank of Canada says Canadians are losing out on the run-up in world oil prices, which is impacting everything from business-input costs to consumer spending and inflation.

In a new analysis of the current makeup of crude prices, the central bank said Wednesday that Canada has been importing high-priced Brent crude pumped in the North Sea and exporting lower-priced oil from Alberta since January, negatively impacting overall trade.

"The increase in the price of our oil imports raises pressure on Canada's real gross domestic income, dropping the country's spending power to buy foreign goods and services, the bank said. In turn, it also dampens spending on domestically produced goods and services.

## Price gap

- For more than a year, the gap has been widening between the price of the Brent oil Canada imports from the world and the price of West Texas Intermediate (WTI) oil paid to Canadian producers.

- The difference now stands at about \$20 a barrel. Furthermore, some Canadian crudes are priced even lower at the Western Canada Select rate, which is now about \$20 below WTI.

duction costs for Canadian firms and also puts upward pressure on gasoline prices, since about half of the gasoline purchased in Canada is produced using refined petroleum priced off Brent," the bank said in a statement.

That puts downward pressure on Canada's real gross domestic income, dropping the country's spending power to buy foreign goods and services, the bank said. In turn, it also dampens spending on domestically produced goods and services.

Increases in oil prices are usually beneficial to Canada because the country exports more than it imports, with the resulting gain in real income from exports more than offsetting cost increases for businesses and consumers who must fill up at the pump.

"This is why the recent evolution of oil prices since January has been unfavourable for Canada," the bank said in its Monetary Policy Review, noting that about half of the gasoline purchased in Canada is more closely tied to the higher-priced Brent supply.

THE CANADIAN PRESS



## Ahead of the Curve

Bollywood actress Katrina Kaif displays Research In Motion's new low-priced BlackBerry Curve 9220 at a launch in New Delhi on Wednesday. RIM hopes the new model will attract users in India's thriving telecom market. The smartphone's appeal rests heavily on its use as a social media device, rather than on the security and email features that have attracted more business-minded customers in the past. The new device comes after reports earlier this month said RIM has agreed to give the Indian government access to private instant messages from users, though the company has so far refused to comment.

comment. SAURABH DAS/THE ASSOCIATED PRESS

## Supreme Court

### Conrad Black scores legal win

The Supreme Court of Canada has paved the way for disgraced media mogul Conrad Black to pursue a series of libel lawsuits in the province of Ontario. But it's likely those cases will never be heard. That's because Black and his legal opponents, former associates at Hollinger International and their adviser, Richard Breen, are in the process of finalizing an out-of-court settlement of the suits.

THE CANADIAN PRESS

## Market Minute



**DOLLAR**  
100.88¢ US (-0.11¢)



**TSX**  
12,128.89 (-8.05)



**OIL**  
\$102.67 US (-\$1.53)



**GOLD**  
\$1,639.60 US (-\$11.50)

**Natural gas:** \$1.951 (No change)  
**Dow Jones:** 13,032.75 (-82.79)

# Canadian high-tech watchmaker raises \$4.5M



The Pebble smartphone-connected watch has raised more than \$4.5 million in pre-sales. HANDOUT

Of the more than 50,000 ideas that have been pitched on the crowd-funding website Kickstarter, seeking financial support for a new product, none have struck a chord with the web community more than the born-in-Canada Pebble.

It's a sleek, futuristic-looking wristwatch that wirelessly connects to the smartphone in your pocket — either an iPhone or Android device — and displays Caller ID information for incoming calls, emails, Facebook and Twitter messages, or calendar and weather alerts. And, of course, the

watch also displays the time, with a number of digital faces to choose from.

Vancouver-born Eric Migicovsky and the rest of the team behind Pebble hoped to raise \$100,000 on Kickstarter to help launch the watch commercially.

They sought pledges ranging from a minimum of \$99 for one of the very first watches off the production line, up to a contribution of \$10,000 for a "mega distributor pack" of 100 watches.

The team had a little over a month to raise the money before their Kickstarter pitch expired. To Migicovsky's

complete shock, \$100,000 was raised in just two hours. It took 28 hours to exceed their target by 10 times, hitting the million-dollar milestone, and interest in Pebble hasn't slowed since.

Just over a week into the campaign, the Pebble has attracted interest from more than 31,000 backers for a total of more than \$4.5 million raised — a new Kickstarter record. And just about every minute of the day, new orders continue to pour in.

THE CANADIAN PRESS

**FOR A VIDEO OF THE PEBBLE, VISIT METRONEWS.CA**

## Savvy startup

- School projects helped get the first prototype developed, but the team had a hard time raising money to finance the watch in Waterloo, Ont.
- The project moved down south to Silicon Valley, Calif., where last summer the Pebble team was welcomed into the Y Combinator tech program, which helps new companies get off the ground.

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# Carney denies he was offered BoE post

## Questions arise.

Financial Times report suggests Bank of England might have its eye on the Canadian central banker

Mark Carney was given a chance to finally, unequivocally squelch reports he might leave his post early. He was equivo-

cally successful.

In his first public remarks on the issue Wednesday, the Canadian central banker denied — indirectly — he had been approached to take over the same post at the Bank of England, as reported by the Financial Times newspaper. He seemed even less categorical when asked if he will commit to serving out his term in Canada, which runs to 2015.

"The report is not accurate,"

## Commitment?

**"It's an honour to have this position and I intend to fulfil it."**

Bank of Canada governor Mark Carney, on whether he will serve out his term

he said at a news conference in Ottawa when asked if he was approached as reported in the London-based newspaper.

The denial repeated lan-

guage issued from the Bank of Canada Tuesday night, but Carney offered no more insight as to why the newspaper would say he was approached to run the United Kingdom's central bank.

The governor added he was focused on his responsibility as governor of the Canadian central bank and chairman of the Swiss-based Financial Stability Board.

THE CANADIAN PRESS



Bank of Canada governor Mark Carney speaks to reporters at a news conference in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS



## Outlook. Economy gaining momentum: BoC

The Bank of Canada is taking a more positive view of the Canadian economy, while doubling down on warnings over household debt, the strong dollar and now the price of oil.

Building on Tuesday's policy rate announcement that predicted 2.4 per cent annual growth this year and next, the central bank's quarterly monetary policy review provided a generally positive spin on Canada's economic outlook — particularly in the first half of this year.

The central bank said

growth in the first three months of the year will likely be a relatively robust 2.5 per cent annualized, well above the 1.8 level it had expected in its January report.

The second and third quarters will be similarly stronger than previously thought, it said, allowing the economy to return to full capacity for the first time since the recession by the first half of 2013 — as much as six months earlier than anticipated. Then the expansion will moderate, but remain positive.

THE CANADIAN PRESS

### Travel

#### WestJet teams up with Thomas Cook

WestJet Airlines said Wednesday it has an exclusive arrangement to fly sun destination charter flights for Thomas Cook Canada next winter.

The announcement, which came less than a week after the leisure travel company made an early exit from a five-year deal with Jazz Aviation, will see WestJet provide all flights for Sunquest Vacations in the 2012-1013 winter season. THE CANADIAN PRESS

### Retail

#### Couche-Tard expands to Europe with \$2.8B deal

Canada's largest convenience-store chain is launching a long-anticipated overseas expansion with a \$2.8-billion US deal to buy Scandinavia's leading oil retailer. Alimentation Couche-Tard's shares hit a series of all-time highs on the TSX on Wednesday after the deal for Statoil Fuel & Retail ASA, the independent retail operations of Norway's state oil company, was announced.

THE CANADIAN PRESS

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# UN-'BEAR'-ABLE EPIDEMIC



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## LOOK OUT! A BEAR!

If you're not already playing dead, you need to read this article. If one of your fellow transit passengers read this and is curled up on the bus floor,

leave them there. They did the right thing.

Did you know that 90 per cent of the bear maulings that happen on public transit are preventable? It's true.

How do I know so much? Well, I love spending time in the Canadian wilderness, where the weather is unpredictable, deadly wildlife is everywhere and several of the hostels have Wi-Fi that only works, like, half the time. So I know about roughing it.

### Just saying

I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

I've even hiked in the majestic Rocky Mountains. (They're inevitably described that way because, like royalty, they serve no practical purpose.) In the Rockies, you can't help but appreciate life to the fullest, because residents constantly remind you that it could end at any moment.

Every time you turn around, someone is reminding you that you're in "bear country," which unilaterally seceded from Canada in 1994. "Hello, and welcome to the Stay-a-While Inn," they'll say, "where we haven't had a bear mauling in 26 minutes. You're in room 122."

Please be advised, there is a bear warning in your bathroom."

And bear country is growing. I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

But you might not be so lucky. Bears wandering in suburbs will become more common with climate change (i.e., bears can't afford downtown condos in this economic climate), so you'd best be prepared.

Here's what you need to know:

- Watch closely for signs that a bear might be nearby. These include hats, bow ties, neckties and stolen picnic baskets. Also, ranger carcasses.
- LOOK OUT! Did you play dead this time? (Bonus tip: This also works in human relationships.)
- Sometimes playing dead doesn't work and it's better to fight back. The rule of thumb is that if a bear's putting a big sprig of parsley on your back, he's not buying it.
- Unless you've spent the last 10 years investing money in RIM, don't run. Bears can run at high speeds for long periods of time. And if you do start to get away, they'll just jump on one of those bicycles they always ride, while their trainer applauds them on.

And those are my tips. I hope you found them helpful.

OK, you can get up now. Unless there's a bear. In which case, feed it someone walking and texting. Everybody wins.



Gasp! A bear! DAN KITWOOD/GETTY IMAGES

# New York City comes full circle



RANDY SCOTT SLAVIN /REX FEATURES /RANDYSCOTTSILAVIN.COM

### Spin city

## Surreal landscape photo

For American photographer and filmmaker Randy Scott Slavin, it's a topsy-turvy world out there, full of "wonder and different perspectives." For his Alternate Perspective photo series, the 34-year-old New Yorker travelled across America, turning everyday surroundings into surreal landscapes.

METRO

### A picture is worth...

## 100

individual images of a scene are used to build up a 360-degree photo. Then, using computer software, Slavin stitches them together to make a stereographic projection. Battery Park Night (above) was 35 photos, each with an exposure time of three seconds.

### 60 seconds



Randy Scott Slavin

**Mesmerizing images — what inspired you?**

Growing up, I was always inspired by the surreal, disorientating artwork of M.C. Escher.

But overall I'm motivated by seeing the world in a whole new perspective.

**What was your biggest challenge in this art project?**

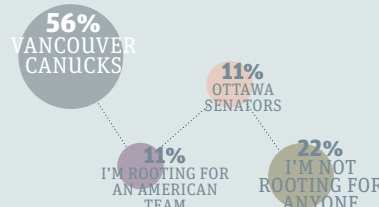
It wasn't so much that I needed to take many photographs of the one scene as capturing it all many times with the constantly changing light. Also, standing outside in freezing winter air was not a pleasant experience.

ANTHONY JOHNSTON



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## Which Canadian team are you rooting for in the NHL playoffs?



### Twitter

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**@GROJasHruska:**

Double green dragon rolls on my way to o-town! #ottawa #sushi #happy <http://t.co/4OG03wEr>

**@AliciaDaub:**

Missing #Ottawa already. #positivethoughts

**@Alfiefan4ever:**

My nerves are getting the best of me. I can only imagine how my #Sens are feeling. #WinForAlfie Don't forget to chant #Alfie @ the 11 mark!

**@itwascons:**

@pgphenguins I'm watching from my couch in #OTTAWA #letsopens

**@rdecher:**

In need of a briefcase for prop. Please help. #Ottawa #video #prop #borrow



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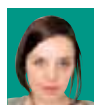
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Ottawa native Andrew Johnston plays a hometown show this weekend. CONTRIBUTED

# Singer-songwriter making music his life's work

**Local music.** Ottawa-bred folk-rockers returns from a decade in the Montreal scene for a rare hometown show



**BACKSTAGE PASS**  
Jen Traplin  
ottawa@metronews.ca

Ottawa native and indie folk-rock singer-songwriter Andrew Johnston moved to Montreal 11 years ago with big dreams of making

it as a musician.

"It was always something that I wanted to do," says Johnston.

"Music has always fascinated me."

With a career in music in mind, he did what most of his friends were doing after high school — he applied to university, submitting an application to Concordia for the Integrated Music Studies program.

"Concordia is an accessible school, so even though I didn't really have too much formal musical training, I was able to get into the program," explains Johnston.

"And it was great — kind of a build-your-own

type of thing, which was pretty cool."

Now, years after completing his university studies, Johnston continues to learn about music through his time recording as a solo artist and performing with bands, including the critically acclaimed group The Gentlemen's Club.

In just the last few years, he has released numerous albums, both with a group and on his own, including his latest solo effort, *The Wake of the Wonder Years*.

Still, even with all of the formal training and his real-life experience in the Montreal music scene over

the last decade, Johnston admits that navigating the industry these days is tricky business.

"There used to be a time where you could say, 'We're going to get a label and a booking agent and we're going to work really hard and we'll see what happens,'" he says.

"Now, it's anyone's guess as to how you make a career in music," he explains.

"I'm doing my best to make music as big a part of my life as I can."

"But, as far as having a master plan of how to take on the music industry, I really don't have one," he admits with a laugh.

## On stage

- **Andrew Johnston returns to Ottawa for a show at the Elmdale Tavern (1084 Wellington St.) on Sunday at 9 p.m.** Also performing is Eric Passmore and Shannon Rose and the Thorns. Tickets are \$7 at the door.

- **What else is going on?** Catch "new-grass" group The Abrams Brothers with rising star Darelle London at Centrepointe Theatre on Friday night at 8 p.m. Tickets are \$37.50 through the Centrepointe Theatre Box Office.

# 2

## SCENE

### Scene in brief

**Beliebers will get new album on June 19**

Have faith, Beliebers: Justin Bieber says his new album will be out June 19. Believe is Bieber's third full-length release and both prior albums — 2010's *My World 2.0* and last year's Christmas disc *Under the Mistletoe* — opened at No. 1 on the Canadian charts en route to multi-platinum sales. Bieber revealed the news during an appearance on the reality singing competition *The Voice* on Tuesday night.

THE ASSOCIATED PRESS

### On the web



**Great geeks: Morgan Spurlock trains lens on cultural phenomenon of Comic-Con**

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# 50 years of tongues, tight trousers

This year marks The Rolling Stones' golden anniversary. We look at how the band's most stylish members have influenced fashion.

RICHARD PECKETT



Fashion forward and always fun — Mick Jagger. HANDOUT



Mick Jagger

Lead singer, lothario and arguably one of the first faces of androgynous dressing. Remember those Ossie Clark jumpsuits? The skin-tight jumpsuits have been left in the '70s but his fashion legacy of chest-baring tops, outlandish striped trousers and tailored suits lives on. The infamous shirt dress he wore even surfaced in Alexander McQueen's show.

## Keith Richards

He made it cool for a guy to wear silky neck ties and eyeliner. And the fact that Johnny Depp based Captain Jack Sparrow on Keith Richards makes the craggy-faced guitarist something of a legend. He also showed his charitable side by designing T-shirts in aid of last year's tsunami in Japan.



Ronnie Woods

Two words: That hair. And two more: Those feathers. Mick and Keith got most of the attention, but Ronnie had some pretty outrageous fashion moments of his own. His interest in fashion lives on. We spotted him front row during the autumn/winter '12 men's shows in London. But sadly, he wasn't wearing this.

## Hardcore stoners

Are you a big fan of the Rolling Stones? If so, you may want to check out this collectible photo album.

- Tongue out, strutting his stuff. Jagger's pouting poses have been curated by François Hébel in Mick Jagger: The Photobook. The collectible shows Jagger in a number of guises, from strutting frontman to artistic muse — transfixing and a none too pricey coffee table must. It is retailing for \$24. More information can be found at Thames-andhudson.com.

# Speedflirt

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she winks back

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He flirts back

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## Visitor self-discovery. Montreal Star Wars exhibit features prop power

A new Star Wars exhibit is packed with film-prop drawing power for the hardcore aficionado: from Han Solo's "carbonite" prison, to Anakin Skywalker's full-size pod-racer, to Princess Leia's metal bikini.

But the Montreal Science Centre's interactive, multi-

media exposition, titled Star Wars Identities: The Exhibition, aims to offer more than the chance to gaze deep into Jabba the Hutt's glassy, remote-controlled eyeballs.

The exhibit's creators hope to encourage patrons to look inward for their own journey of self-discovery —

through the Star Wars lens.

The goal is to teach visitors about the origins, influences and choices that moulded the films' heroes.

The producers then want customers to explore their own identity. It will run in Montreal's Old Port until Sept. 16. **THE CANADIAN PRESS**

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The Alabama Shakes', from left, Heath Fogg, Zac Cockrell, Brittany Howard and Steve Johnson pose for a photograph during the SXSW Music Festival in Austin, Texas. JACK PLUNKETT/THE ASSOCIATED PRESS

# Alabama Shakes take unexpected magic carpet ride

**Debut album.** Boys & Girls getting lots of attention from the music industry, critical acclaim from media across the planet

Brittany Howard already had her life planned out by the time she hit her 20s, and it didn't include any of this.

The lead singer and force of nature in Alabama Shakes, rock 'n' roll's newest phenomenon, already had a good job delivering mail and hoped to hold onto it. Like many folks reared in the rural South, she didn't expect much more. Maybe she could carve out a little happiness with a husband and some kids.

"Where we're from, playing music and just playing music is not an avenue to take," Howard said. "It's not an option. Because like,

where we're from, most of the people, they've tried their best to get the best job they can and then they stay with that job until they can retire. So music was just kind of like our hobby. It was something we would do to release at the end of the day or still feel like human beings."

In less than a year, all that has changed and her quartet from Athens, Ala., has become a success story so unlikely even the band's manager calls it "an anomaly." Maximum buzz has preceded the Shakes' debut album Boys & Girls with sold-out tours of the United States and Europe, fawning media coverage and an endless string of surprises.

Howard, 23, sat down for a morning interview early in the band's overstuffed run through the South By Southwest Music Festival last month.

The band rented a house in a tony section of town and was loose and celebrating over breakfast tacos after a successful "Austin City Limits" taping and in anticipation of a heavy schedule of live showcases at the music conference.

They'd just learned they'd be joining Jack White for part of his tour and big opportunities seemed to be coming up every day.

THE ASSOCIATED PRESS

## Analysis

### Not your typical rock star attitude

Warm and open, but a little shy and hesitant to make eye contact, Brittany Howard hardly resembled the larger-than-life figure she is on stage. With only an EP, a handful of professionally produced videos and a legion of YouTube fan postings, there's been little for the curious to go on since the band first started gaining attention last summer. But every time Howard and her bandmates — bassist Zac Cockrell, drummer Steve Johnson and guitarist Heath Fogg — play out live, they gain more true believers who turn and pass on the word.

The Shakes' musical approach is laid back — simple riffs that sway and build laid down over fertile grooves. There's nothing elaborate and no need to be because within a few bars, Howard comes in with a voice that rattles the room.

## Quote

"Where we're from, playing music and just playing music is not an avenue to take."

Brittany Howard  
On their road to success



# Mraz brings a new kinda love

**Folk-pop.** California singer breaks his heart open for new love-themed disc, on heels of multi-platinum performance

It's been nearly four years since Grammy-winning troubadour Jason Mraz released his multi-platinum album *We Sing. We Dance. We Steal Things* and its sunny ukulele-infused hit *I'm Yours*.

The California singer-songwriter says he had planned to tackle a follow-up to that disc at the end of 2010, and even had 40 or 50 new tunes written for it.

But one day he realized the tracks were "the work really of just clever songwriting" and didn't fit into his vision of a "love" concept album.

Mraz then told himself: "I need a little bit more experience in the world. I need to get out of my head and go break my heart open somehow," the socially conscious pop-folk artist recalled in a recent interview to promote his new album, *Love Is a Four Letter Word*, out this week.

"So I started doing more volunteer work and I started travelling more and pushing myself — surfing bigger waves, riding my bicycle farther, even questioning the relationships in my life to say, 'Do these really serve me and am I showing up the best way I can possibly show up, or am I just trying to fit some mould?'"

"I realized how many things I was attached to that were stopping me from being the strongest and have the most interesting life that I could. And once I broke that open, songs around May of 2011 really started to just pour out ... from my heart and not just from my pen."

Mraz tested tunes for *Love Is a Four Letter Word* on the road last year with his long-time friend, percussionist Noel (Toca) Rivera.

The trek took them around North America, Europe, Asia, Australia, New Zealand and Africa, where Mraz sang the cover tune *Freedom Song* — which is on his new album — with children living in a shelter in Ghana.

"It was raining one night when I first arrived, they all met me outside and they were singing the *Freedom Song* and they knew it word for word and it blew my mind," said Mraz, 34, noting the chil-



Jason Mraz, known for feel-good, hippie hits like *I'm Yours* and *The Remedy*, released his latest album *Love Is a Four Letter Word*

CARLO ALLEGRI/THE ASSOCIATED PRESS

## Behind the tunes

### More than just music

- **Charity.** A longtime philanthropist, he's created his own charitable foundation, helped with efforts to clean up the 2010 oil spill in the Gulf of Mexico, and recently went to Antarctica

with former U.S. vice-president Al Gore to learn about climate change.

- **Eating.** Mraz is also a vegan and has an avocado farm in San Diego, where he got his start performing in coffee houses.

dren first learned the track from the non-profit organization that he worked with in Ghana, Free The Slaves.

"It again woke me up to the power of songwriting and what it can do to make someone's day or brighten up a moment."

Dancing and playing music and games with children there also taught Mraz he can connect with kids — something the Virginia native said he'd never before felt, even when he was young.

"That's the first time I ever thought, 'I could have kids, I could see how I could actually contribute to another little

kid's life,'" said Mraz.

"When parents say 'Oh, you get to relive your childhood all over again through your children,' I saw that too and I was like, 'Oh, this is a good idea. Maybe I'll adopt.'"

Though love is the theme of the new album, it's about more than just courtship of a relationship.

"It's compassion for others, compassion for oneself, it's loving unconditionally," said the soft-spoken Mraz, who's won two Grammys.

"There's a couple of baby-making jams on there but it's not all romantic love."

THE CANADIAN PRESS



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## The Word

Memorable  
movie  
experiencesTHE  
WORDDorothy Robinson  
scene@metronews.ca

The State Supreme Court-house in lower Manhattan was bathed in light on Tuesday night as movie stars (Catherine Zeta-Jones, Michael Douglas, Robert De Niro, and Dakota Fanning to name just a few), business titans (Ronald Perelman), media mavens (Katie Couric, Charlie Rose, Jared Kushner), designers (Tory Burch, Donna Karan, and Rachel Roy) and Mayor Michael Bloomberg kicked off the 11th year of the Tribeca Film Festival at the uber-swank Vanity Fair party.

We asked these celebrities: What's the first film you remember seeing that had a major impact on you?

**Katie Couric**

"My mom took me to The Birds when I was five-years-old. I don't think she knew how gory it was. And I remember running up and down the aisles screaming. And maybe that explains a lot. A lot."

**Jane Rosenthal (festival co-founder with Robert De Niro):**

"Mary Poppins. She was like the first super-hero woman. She could do everything. She was magical. She seemed to do it all. And there's a little girl named Jane so I really liked that too. I can still sing all the lyrics, but I won't."

**Bob Balaban:**

"The 5000 Fingers of Dr. T. was a really big movie for me. It's a cult classic now. It was a fantasy. It was MGM in the early '50s. It was all about a little boy and his piano teacher and he falls asleep and has a dream in which they built a piano

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



where they had however many children — 5,000 fingers playing the piano. It's pretty beautiful."

**A Douglas moment**

- Reporters called to couple Michael Douglas and Catherine Zeta-Jones (who looked ravishing in a one-shoulder gray sequined dress and Christian Louboutin heels) to come over but they wouldn't talk. "We talked all last night," said Douglas, referring to Monday night when he was honoured for his contributions to the theater at the 12th Annual Monte Cristo Awards.

stocks and bonds and what the differences were and what yields were."

**Tory Burch:**

"I always loved To Catch a Thief, especially for the clothes. It inspired me as a designer. I thought that the style was amazing."

**John Forté:**

"I remember cutting class one day to see Conan the Barbarian. We snuck into the wrong theatre and ended up seeing Wall Street. My friends fell asleep but I was captivated. I came home and started asking my mom to see the business section of the newspaper so I could learn about commodities trading and about

## Perry 'a lost soul right now'?

Katy Perry has been putting on a brave face in the wake of her split from Russell Brand, but sources claim the pop star is pining for her comic ex, according to Us Weekly.

"Katy's been trying to get him back. She's a lost soul right now," a source says. The sudden change was reportedly spurred on by a trip to India earlier this month, where Perry and Brand tied the knot in 2010.

"She'd already been missing Russell. Being back there stirred up even more old feelings."

But a rekindled romance isn't likely, the source warns. "Right now, Katy and Russell are trying to get to the point where they can at least be friends."



Sharon Osbourne

## Osbourne has some harsh words for Cowell

Sharon Osbourne has a few not-so-nice words for former co-worker Simon Cowell, now that an unauthorized biography on the X Factor boss claims Osbourne quit the reality show because she was jealous of Cowell's alleged affair with fellow judge Danië Minogue.

"I left because I didn't like that girl. When it's

not fun, you go," Osbourne insists on her talk-show, The Talk, in response to the story.

"I couldn't care if he was having sex with anything." But the outspoken Osbourne didn't leave it at that: "I think he is a victim of small penis syndrome," she adds. "You can't buy the goods."

## Paquin and Moyer expecting their own lil' vampire

True Blood co-stars Anna Paquin and Stephen Moyer are expecting their first child, a rep confirms to People magazine. The pair met on the HBO vampire series in 2007 and tied the knot in 2010 during a seaside ceremony in Malibu.

Shortly after they wed, Paquin had expressed hesitation about getting pregnant.

"I have trouble planning anything more than brunch with my friends," Paquin told Marie Claire at the time. "But when the time's right, we'll do it."

This is Oscar-winner Paquin's first child, while Moyer has a son and a daughter from previous relationships.



Anna Paquin. ALL PHOTOS GETTY IMAGES

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# Going out with a bang

**Straight up.** Rooney Mara's bangs in *Girl With the Dragon Tattoo* were all over last month's fall 2012 runways. But does this polished look work in hot, sticky weather? We discuss

ROMINA MCGUINNESS

Metro World News in London

"Cutting in fringe is a great way to change up your look dramatically without chopping all your hair off," says hairstylist John Ruggiero from L.A., who has worked wonders on the locks of Elizabeth Olsen and Gisele Bündchen.

"It's a great summer look because it can keep your hair away from your face and still look chic," the guru adds. He talks us through how to keep bangs looking cool and fresh as the weather heats up.

bangs in last month's runway shows). Let's be honest, though; a major part of the appeal is her attitude. "The best way to pull off a really cool fringe like Rooney Mara's is to have that effortless confidence. I'm seeing a lot of different fringe styles right now — straight, wavy, long, short, super short — but it's all about figuring out which look works best for you and owning it."

## Pick your products wisely

Yes, you want your hair to look great, but you don't want to cause forehead breakouts under there. "Always go for a product that is lightweight and that will protect your hair against heat and humidity. Something like Bumble and Bumble Straight Blow Dry cream will work best. And maybe add a light holding spray at the end," Ruggiero adds.

## Maximize one cut

Turn the most annoying part about wearing bangs — the fast grow-out — into an opportunity to play around with



Behold, the look that started it all: Rooney Mara's razor-sharp, super-cropped bangs. GETTY IMAGES

your 'do.

"Cut your fringe really short and then let it grow out getting a trim every four to six

weeks," he says. That way you can go super short one week, and longer and side-swept the next.

## Three to compare



## 1 Short

Alexa Chung

Alexa's bangs aren't quite as blunt as Mara's, making for a more natural, undone look.



## 2 Longer

Jennifer Lawrence

Jennifer Lawrence's beachy fringe has that, "I've just come back from an island holiday," thing happening.



## 3 Longest

Rihanna

Rihanna nails the between-haircuts-sideswept 'do.

## Go bold

It's been a little while since *Girl With the Dragon Tattoo* hit theatres, but Rooney Mara's hair is just beginning to take off as a trend (as witnessed by all of the blunt cut

## Hair products to keep your fringe under control



**Bumble and Bumble**  
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\$28, [bumbleandbumble.com](http://bumbleandbumble.com)



**Oribe**

Imperméable  
Anti-Humidity Spray

\$38, [oribe.com](http://oribe.com)



**Frederic Fekkai**

Smooth Sailing  
Anti-Frizz Cream

\$25, [fek kai.com](http://fek kai.com)

# 3

LIFE

## Today's picks

## Kenzo for Vans

Vans has churned out too many special editions of its classic Era shoe to count. Some of them have been really good. Others have just been, eh (pink Hello Kitty lace-ups, anyone?). But its latest collaboration with Kenzo achieves a rare perfect balance, basically creating a kind of prototype for what the skate shoe should be: colourful, a little off-beat and cool. The collection, designed by Humberto Leon and Carol Lim, features the same net graphic prints from their spring/summer '12 collection in seven different colorways. They're almost too cute to ollie in.

[kenzo.com](http://kenzo.com)

## The paisley tee

Raf Simons is a hot topic, now that he's been named the new creative director of Christian Dior. A graphic shirt from his critically acclaimed ss12 collection for Jil Sander is not only an on-trend update for your jeans and Tee combo (paisley is everywhere right now), but a cool investment for hardcore fashion collectors.

KENYA HUNT, METRO WORLD NEWS IN LONDON

## On the Web



Designers from Edmonton, Toronto and Montreal among TFI New Labels finalists



# Show me to the shoes, bring me to the bags

**Fashion editor finds.** Check out what style connoisseurs have on the very top of must-buy lists this spring

THE KIT  
thekit.ca

## A-List Update

Known for footwear you can rely on, Rockport asked celebrity stylist Annabel Tollman to dial up their spring collection. "Rockport's ability to make style comfortable and create great-looking heels that I can wear all day is what drew me into them," says Tollman.

Her clients include Scarlett Johansson, Liv Tyler and Mary-Kate and Ashley Olsen. Rockport Janae leather buckled bootie, \$200, and Janae Dorsay leather ankle strap rockport.com



\$140,

## Swish Sneakers

Looking for walking shoes with a little more luxe than your average sports store can deliver? Chanel's Spring 2012 sneakers in classic beige and black will elevate your vante jeans and a T-shirt beyond errand-running attire. Chanel canvas and leather sneakers, \$630, chanel.ca



streets of New York by a rambunctious Weimaraner, looking chic with Longchamp's new spring select: a lizard-printed hobo-shaped handbag. Perfect for walking the dog, running daytime errands and a night on the town. Balzane Iguane lizard-printed hobo bag, \$1,300, longchamp.com

\$1,300, longchamp.com

GET ALL THE LATEST BEAUTY KNOW-HOW AT THE KIT INTERACTIVE MAGAZINE, AT THEKIT.



## Longchamp Loves Coco

Our favourite Canadian model Coco Rocha is the face for French handbag maker Longchamp's Spring 2012 handbag campaign. Rocha is dragged through the brick-lined

## Twitter



JEANNE SPACE  
Jeanne Beker  
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



**@Jeanne\_Beker:** Going to my first baseball game of the season! Always inspired by stylish sports fans. How do YOU dress for a ballgame??

**@onemarathon**

in platform shoes and a tom ford cape of course. What else would anyone wear?

**@Jeanne\_Beker** Oh the vision you conjure up! Would so adore running into you at the hot dog stand...

**@bwilso42**

Jeans, TOMS, classic white T-shirt and my Jays Hat from the last time they won the world series.

**@Jeanne\_Beker** Direct and to the point! Sounds like perfection. But it's chilly tonight. A wind-breaker peut etre??

**@MAHADEV\_108**

ballcap, cargos, chucks converse and a white tee.

**@Jeanne\_Beker** Love it. But might need a jacket. These spring nights are still chilly....

**@djmckimm**

ballcap, cargos, chucks converse and a white tee.

**@Jeanne\_Beker** Too cute! Something pretty "base-ic" right?



**@Jeanne\_Beker:** Go Jays!!!



**@Jeanne\_Beker:** Happy Baseball Birthday, Bekky! @qualityslippers Rocking out at the Sky Dome!



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Luke Siddens, left, used a cellphone photo of his prom date's dress to make sure his tie was a matching shade of brown. PATRICIA WEINTRAUB/THE ASSOCIATED PRESS

## How to tie it together

**Prom must.**  
Colour co-ordinating his tie with her dress

It's a prom must-have, right up there with the dress and shoes: The guy's tie must match the girl's gown. And many teens today use cellphones to aid the colour co-ordination.

Kourtney Ziercher took a picture of her dress in the store to send to her date, Michael George, for her prom last year at Barat Academy in Chester-

field, Mo.

"I told him it was burnt orange, and he got the tie to match," she said.

"She knew that it was not a typical colour, but the tie I got even had a little design on it that matched the design on the dress," Michael said, referring to a light tiger stripe print on the fabric.

"She was really excited about it. The girl's dress is a big deal. If the outfit doesn't go perfectly, if the guy isn't matching, it's a problem. I made sure it worked."

THE ASSOCIATED PRESS

## Recycling style

For homemade dresses, ties can always be made from leftover fabric.

- For a 2010 prom at her school in Castlegar, B.C., Arielle Roberts made her dress with the help of a grandmother and aunt. Her date's mom sewed a matching tie "when the green bow-tie and cummerbund she'd ordered for him weren't quite the right shade," she said.



metro

# WEDDING PLANNER

Thursday, April 19, 2012



When it comes to the wedding gown look, a bride should consider what feels modern, but also has timeless appeal, says designer Adele Wechsler. DIGITAL VISION/THINKSTOCK

## Down-to-earth gowns

**Eco-friendly.** Brides can wear dresses with a good feeling about their choice of ethics

STEPHANIE ORFORD  
For Metro

Eco weddings are here to stay, says Adele Wechsler, owner and designer at her eponymous wedding gown design house based in Toronto.

She would know. Wechsler has been making eco-friendly wedding dresses under her own label since 2007 and says she likes to be able to offer the women who wear her

dresses a sense of comfort and a good feeling about the ethics of their choice.

When it comes to the look, however, a bride should consider what feels modern, but also has timeless appeal, Wechsler advises.

"You need to look at these pictures 30 years down the road and still feel good about your choice," she explains.

Her dresses for summer and fall 2012 are classic looks that have been evolving through her collection for years, she says, though she is seeing trends emerging.

The Royal Wedding is still reverberating through the wedding industry, but Wechsler is seeing more reinterpretations of the dress rather

### Soft whites

- In Adele Wechsler's environmentally friendly wedding dresses, "You never really get harsh white," she says. She uses vegetable dyed silks, so whites tend to be soft. One fabric she

uses frequently is a very light, organic blend of 60 per cent silk, 40 per cent hemp, which has a light, grainy texture that "gives it an airiness, but it's not sheer," she explains.

than replicas.

Her customers are not looking for full-length sleeves, either. Cap sleeves, on the other hand, are seeing a surge, as are lace and sheer fabrics.

Wechsler's brides are moving away from heavy beading, but many of her dresses have small clusters of lace, beading, cloth flowers or crystals

that draw the eye. That way, her brides still get a bit of a sparkle, but retain a light feel.

It's also handy not to have a heavy dress when you are getting married on a hot day, Wechsler says.

In that same spirit, Wechsler is seeing many women gravitate toward slim silhouettes, especially A-line

skirts. The shapes are body conscious, not full princess gowns, she explains.

"I've always tended to appeal to a more understated bride," she says.

Though most brides stick with white, Wechsler says that fall colours might get a little warmer and richer, going to a deeper champagne, perhaps with touches of gold.

"I'm definitely seeing a move toward touches of colour," she says, adding that she has seen hints of lavender, grey, lemon or ocean blue on beading, sashes, and other subtle ornamentation.

Whatever the colour or season, the gown should always resonate with its wearer, she says.



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# More creative, less restrained

**Planning.** Forgo traditions and add personal touches that will make you shine

STEPHANIE ORFORD  
For Metro

The key to a memorable wedding isn't necessarily an extravagant party, a gourmet wedding cake, or a mile-long guest list, says Tammy Ouellet, owner and lead planner at Divine Weddings, a Winnipeg wedding planning company.

Ouellet has worked in the wedding industry for 11 years, and insists it's the personal touches that really make a wedding special. Save yourself anxiety wherever possible and make sure the event represents you.

Most couples planning weddings for the summer/fall season are about halfway through their planning, she says, but added that she has organized weddings with as little as three months notice, so it's still possible if you are aiming for the fall and you are flexible.



It's the personal touches that will make your wedding special, says wedding planner Tammy Ouellet. JEREMY DUECK PHOTOGRAPHY

## Make the timeline

If you are starting now, she advises, hire a wedding planner, or if you are going it independently, make a detailed timeline. You can find examples of wedding timelines online. Provide buffer time for unexpected delays.

## Budget

In her experience, couples often don't realize that the wedding they initially envisioned costs way more than they can afford. It's better to find this out earlier rather than later, set realistic expectations and do your research, she says.

## Get it done in advance

Secure a venue, catering, photographer and videographer a year in advance, if you can, Ouellet says.

At six months before the wedding, start designing your invitations and finalize the wedding party's decisions on

wedding apparel. Most dresses are meant to be altered after they are delivered, so reserve the time. Flowers, cake and décor can all be arranged as late as two months prior, but Ouellet suggests saving yourself the anxiety and booking early.

For the actual event, Ouel-

## Seasonal theme

- Fall weddings are becoming more popular, says Ouellet. She has seen many creative interpretations of the fall theme, from rustic burlap table runners to caramel apples. The meal can be something hearty like squash soup, turkey or root vegetables. Many couples choose a soft colour palette. "You don't necessarily have to go with reds and yellows," she says.

let suggests allowing the little things that represent you to shine. Homemade decorations, personalized vows, custom monograms on menus, homemade jam as a party favour. If the couple loves apple pie, you can even have an apple pie table instead of a wedding cake. Couples are getting more creative and feeling less restrained by tradition, she says.

"Things will happen the way they happen and they'll be perfect the way they are," Ouellet says.

"In the end, it's really just about marrying your fiancé."

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# I wish I would have known that

**Brides to be.** Things that people don't tell you about before the big day arrives

KATE  
DRUMMOND  
2 For Couples

I walked around with my head in the clouds for weeks after getting engaged last April.

When I finally snapped out of my reverie, I stumbled, wide-eyed and unprepared, into the wild world of wedding planning.

Here are six things I wish I knew before getting engaged:

**1** Wedding Planning Consumes Your Life — Whether you are doing “inspiration research” online and drooling over the lavish weddings of strangers or compiling your guest list, expect to spend two to four hours of planning per day. You will be tempted to skip workouts and ignore your friends’ text in your planning frenzy, but every day should include at least one non-wedding activity.

**2** You Will Write A LOT Of Thank You Cards — When I got engaged, my recently-married friend gave me a pack of thank you cards. “You’ll be writing a lot of these over the next year!” she said. Those cards came in handy when we

received unexpected engagement gifts, and I also used them to thank my shower hostesses. Keep thank you cards and stamps in reserve and, if a friend gets engaged, I highly recommend this useful gift-giving idea.

**3** Everybody Will Have An Opinion About Your Wedding — Whether it’s your future sister-in-law or a co-worker you hardly know, everybody will have an idea of what you should do at your wedding. Remember, this is your day and be confident in the decisions that you and your fiancé make. You can thank them for the suggestion, knowing you would rather die than have a pirate-themed lobster dinner hoedown!

**4** Everything Costs More Than You Think — Great! You found an amazing photographer whose six-hour package you can afford. But did you know that most couples hire photographers for 10 to 12 hours on their wedding day? Sure, you love chiavari dining chairs, but they can cost \$8 per chair, whereas satin covers are usually less than \$2 per chair. Peonies might be your favourite flower, but how much are they per stem? My point: Do your research be-



Be prepared for the wild world of wedding planning.

JUPITERIMAGES/PIXLAND/THINKSTOCK

fore you make your budget because hidden costs are everywhere.

**5** You And Your Fiancé Will Disagree A Lot (But In The End It Brings You Closer) — If you have agreed to spend the rest of your life with someone, then hopefully you have covered the basics, such as your finances and whether you both want children. But throughout this process, you will face budget challenges, scheduling constraints and conflicts with parents and/or other family members. It feels good, though, to work



together to find a solution that works for both of you. Consider it training for married life!

**6** You Have To Make A LOT Of Decisions — From what pots and pans to add to your registry to who should sit together at the reception, you will be making endless decisions throughout your engagement. Many grooms are more involved in the wedding planning, which is fantastic, but lots of the decision-making still falls on the bride. She is also usually the main contact for the photographers, reception venue, florist, baker, designer, wedding planner, officiant, DJ, her mother and future mother-in-law!

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## Alternate wedding registries

If you are like most betrothed couples, you and your fiancé (fiancée) shackled up before you were engaged.

Which means you probably already have a toaster and measuring cups and egg beaters.

While most couples are sticking with traditional wedding registries, some affianced duos, their kitchens fully stocked, are opting for honeymoon or charity registries.

If you are among the domestically equipped, check out some of these totally customizable, alternative registries.

### Traveler's Joy

Philosophy: “Skip the blender. Create lifelong memories with your honeymoon registry.”

How it works: The honeymoon registry lets you build a registry with your anticipated vacation activities and experiences. Guests give monetary gifts toward your dream honeymoon activities and experiences, including flights, hotel rooms and spa treatments. There is a small fee for members, but it’s free for your guests to contribute to the registry.

### I Do Foundation

Philosophy: “Celebrate generously.”

How it works: There are a couple of options with this charity-based registry site. You can open what they call an “I Do Registry” through one of its partnered retailers and a percentage of every gift will go to a charity of your choice. Or you can opt for a “Donation Registry,” where 100 per cent of the contributions from guests go to your selected charity.

### Upon Our Star

Philosophy: “A wedding registry for wishes, not stuff.”

How it works: Name your wish, divide the total cost into smaller units, and guests can contribute monetary gifts toward an experience or big-ticket item (down payment, anyone?) that will long outlast fluffy new towels.

KATE DRUMMOND

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# It's time to embrace the 'exquisite' side of Ottawa

## Simplicity.

International furniture brand BoConcept looks to Canada for design inspiration

KARL LOHNES  
For Metro

"When I think of Ottawa, I see many geographical similarities to Denmark," says Canadian-born designer Karim Rashid.

"That's how my new collection called Ottawa came to fruition for the 60-year-old Danish-brand furnishings store BoConcept."

Rashid, who was schooled at Ottawa's Carleton University, launched a global furniture and accessory line with BoConcept

## Inspirations

Karim Rashid's Ottawa collection was inspired by nature, but the look is modern through and through.

- **Ottawa Chair.** While the chair's seat and back is factory molded for precise comfort, Rashid said the concept sprang from "a modern take on leaves and trees."
- **Sideboard.** Options include various inserts to change the accents from wood to bright colours. Rashid imagined it "like a tree house being supported by trees."



Ottawa Chair in leather, from \$1,155.

stores this spring.

The upper-to-mid price range Ottawa collection was inspired by Rashid's love of nature, yet the look is far from rustic.

Its streamlined, simple forms and exquisite quality makes every piece an instant design collectable.

"People think that simple, modern furnishings are so easy to design and make and therefore it should have a low cost attached," he said.

Actually, the simpler the piece, the better quality materials and longer produc-

tion time is needed to make sure everything is perfect.

"By embellishing furnishings with fabric skirting, studs, trims and bobbles, we can hide a not-so-perfect-form. We hide nothing in this collection and it works very well."

With three Canadian stores already established in Vancouver, Calgary and Toronto, and a Montreal location opening at the end of the year, the Danish retailer is imbedding its roots coast to coast while injecting pure Canadian style into its international brand.



Karim Rashid sits on the Ottawa Chair, part of his collection for Danish furniture brand BoConcept. ALL PHOTOS HANDOUT



The designer's notable pink signature and thumbprint is like art for the floor. Thumbprint Rug, starting at \$895.

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# Updating your kitchen doesn't have to be a major operation

**Kitchen DIY.** It's amazing what a little paint and some new door knobs can do

There is something truly satisfying about seeing your home's value rise as a result of your own hard work. And with that in mind, Kitchen Crashers offers you tips for ideas on how to transform your cooking and entertaining oasis — and maybe even raise the value of your home while you're at it.

## Resurface

Consider saving money by resurfacing kitchen cabinets instead of completely replacing them. There are many different ways to update cabinets, including refinishing or painting cabinet and drawer fronts, or installing new wood or laminate veneer on top of them. New hardware, such as hinges and knobs, can also help complete the upgrade, and cabinet interiors can be sanded, stained



Instead of replacing your cabinets, installing new wood or laminate veneer on top of them could save you money. HANDOUT

or painted to finish the transformation.

## Lighting

The right lighting can dramatically change the look of a kitchen. By adding more light,

your kitchen will immediately appear bigger and brighter. Consider incorporating lighting layers such as task lighting, general room lighting and accents. Under-cabinet lighting is an example of task lighting

because it focuses light on the work area. It is a simple way to add additional lighting while maximizing space, and provides cooks with additional light to work by. Accent lighting, such as picture and inside

cabinet lighting, can add some interesting and fun touches to your space.

## Paint

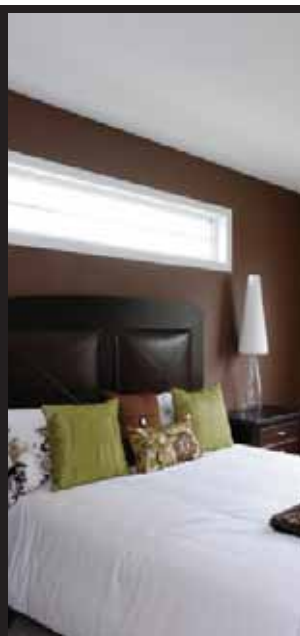
Applying a fresh coat of paint to your walls will make sur-

## Keep it simple

For the biggest return on investment, focus on simple and inexpensive modern touches such as recessed lighting, new plumbing features and updated countertops or flooring. These simple adjustments can update the look of a kitchen without the expense of a full-blown overhaul.

rounding countertops and cabinets pop! Choosing the colour will depend on the overall look you are after, such as a relaxing taupe or an energizing red. Start by choosing a range of colours and then narrow them down to two or three options. By applying colour choices to canvas boards, you can easily move samples around the room and examine them in different lights and at different times of the day to see which ones are your ultimate favourites.

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# Spring into bloom with beautiful butterflies

**Your backyard.** Even if your garden offers just a few butterfly-friendly blooms, it can help the insect's population

For a spring project that can get your family working and learning together — and also help some beautiful insects — try a backyard butterfly garden.

With just a little planning, you can create an attractive and welcoming habitat for butterflies through the warm weather months, says Rick Mikula, author of *The Family Butterfly Book* (Storey Publishing, 2000).

The biggest problem facing butterflies is destruction of habitat, Mikula says. Even if your garden offers just a few butterfly-friendly blooms in pots or containers, it can help the insect's population — and improve the look of your living space.

"Any offering for butterflies in a garden, no matter how small, is like chicken soup for a cold," he says. "It can't hurt."

The choice of nectar-producing plants on which butterflies feed varies by region. But wherever you are, Mikula says, your options don't have to be fancy. Simple flowers such as varieties of Echinacea, daisies, asters and even some violets can serve as butterfly-friendly snacking spots. Non-invasive milkweeds can be especially appetizing to migrating butterflies, without taking over your yard.

"Even one or two plants like that are going to be great because when the butterflies are moving, there's a place for them to stop," says Mikula, who lives in Hazelton, Penn.

You can start your research with books such as Mikula's, or checking out online resources. Try bugguide.net or butterfliesandmoths.org, recommends Nathan Brockman, curator of the Christina Reiman Butterfly Wing of Reiman Gardens at Iowa State University, in Ames. Some garden-supply retailers, such as Lowe's Home Improvement stores, offer online and in-store advice as well.

There are some concessions you may need to make if you plan to entice butterflies into your yard, Brockman says.

One is understanding that caterpillars, the butterflies' offspring, are going to eat host plants, including some herbs and vegetables you may have planned to serve at your own dinner table. Plant extra, and remember you'll be rewarded for the sacrifice when caterpillars turn into fluttering butterflies.

Also, be prepared to give up the use of pesticides on vegetable gardens or lawns.

"Don't use any at all if you are truly gardening for butterflies," Brockman says.

Mikula's tip is to soak tomato leaves overnight in water, then strain and spray the solution onto plants as an effective and organic pesticide that won't harm butterflies.

THE ASSOCIATED PRESS



A *Hylephila phyleus* butterfly. NATHAN BROCKMAN/THE ASSOCIATED PRESS

## Cheap and cheerful

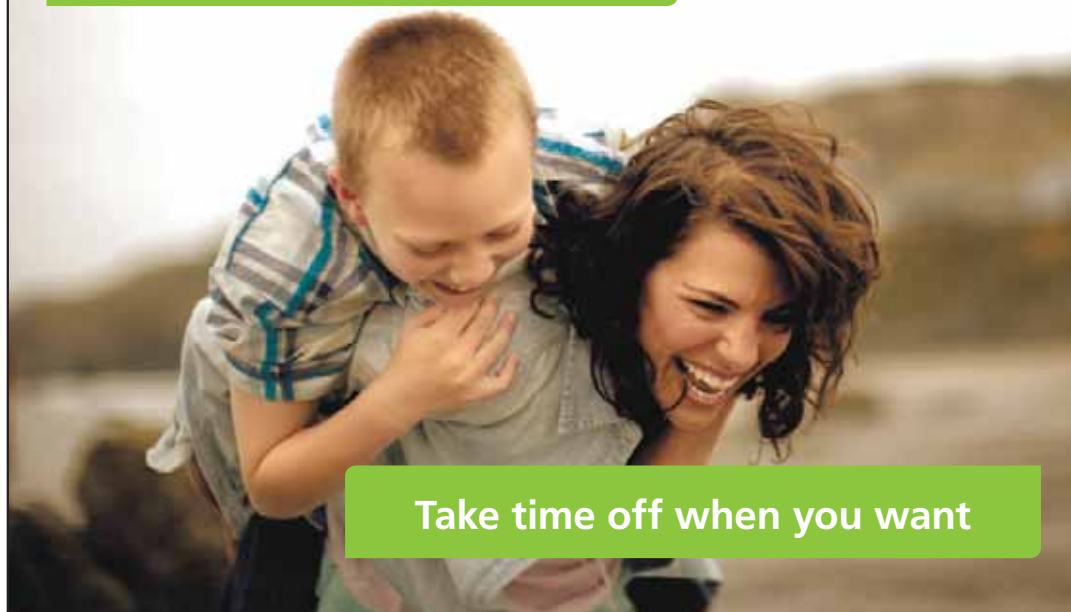
### Butterfly gardening can be budget-friendly

- **Flowers.** Don't overlook smaller, less costly nectar-producing flowers that will entice tiny but attractive butterflies.
- **Plants.** Choose plants native to the region. They're most beneficial to the environment and require less maintenance.

- **Sunshine.** Butterflies like to bask in the sun, so putting out flat rocks near feeding spots can provide a perfect place for them to rest.
- **Puddling station.** While butterflies can get most of the moisture they need from feeding, many like to gather around puddles and wet places. You can offer a "puddling station" by creating a damp area covered with sand.

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A *Phyciodes tharos* butterfly. NATHAN BROCKMAN/THE ASSOCIATED PRESS

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## Removing grease from napkins

Pre-treating  
is the key

**CHARLES  
THE BUTLER**  
askcharlesthebutler@  
metronews.ca  
For more, visit  
charlesmacpherson.com

Dear Charles the Butler, In being more environmentally friendly, my family uses cloth napkins instead of paper. The problem is, though we regularly wash them, greasy food stains stick around. I've tried spot cleaning with Dawn liquid dish detergent, which often has good results, but it's a time-consuming job. Is there

a better — and less time-consuming — way to remove grease stains?  
Sally

Dear Sally,

Nice to hear you're teaching your family about their environmental footprint. I too use cloth napkins. They're more environmentally friendly and they are so much more enjoyable!

So how to clean these napkins? Unfortunately, each stain does need to be pre-treated. Time consuming, I know, but good dry cleaners deal with each stain/spot individually before a general cleaning.

A pH neutral soap, like what you're currently using,

should be applied to each grease stain, let it sit then rinse with cold water. To really work that stain, try soaking the napkins over night in a pail. You could also try commercial spot removers if regular soap is not doing the trick. It's important to remember if the stains are still on the napkins when you take them out of the washer, do not put them in the dryer until you re-treat the stain again. What goes into the dryer comes out the same way, and then it is permanent!

From now on, buy natural fabric cloths because they are easier to clean.

HAVE A QUESTION? EMAIL ASKCHARLES-  
THEBUTLER@METRONEWS.CA



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## Vintage isn't the only way to capture the Mad Men era

**1960s style.** Some tips on recreating retro style from the set decorators of the hit series

Now that another season of Mad Men is taking us back to the 1960s, lovers of mid-century modern style are eyeing

the sets for inspiration.

Luckily, the popularity of both the AMC show and the design style makes it easy to find furniture that sets the stage.

The retro decor complements many of today's furnishings — something to remember when you're trying to capture that '60s vibe, says Anthony Larosa, former furniture design department chair

at Savannah College of Art and Design. He cautions against going all-in on the vintage look, even if you love it.

"People would have had a mix of furniture in their homes," he notes. "We get attached to things; we take them with us when we move and re-decorate."

If you're keen to incorporate vintage, reproduction or newly reissued pieces from the

Mad Men era, he suggests starting by looking at books and magazines from the period to see what real interiors looked like. That's the approach the show's set production team took.

### Living room furniture

Mad Men's set decorator, Claudette Didul, says she and production designer Dan Bishop are especially proud of the

Manhattan apartment they created for newlywed characters Don Draper, an ad agency exec, and his former secretary, Megan Calvet.

The split-level, open-plan living room was initially envisioned by show creator Matthew Weiner, but it was up to the production team to make the space cool, livable and able to accommodate shoot requirements.

### Lighting

In period TV shows, light fixtures are essential in delivering the right look. On Mad Men, they're practically characters in themselves. Tall, slender wood, colourful opaque glass, gleaming metal — every set's personality is punctuated by one or two statement lamps.

Didul says the production team favoured vintage lampshades despite their fragility.

# Operation Organization

**TINA CHADHA**  
Metro New York

Melanie Fascitelli, a closet-organizing guru, shows us some tried-and-true ways to organize our clothes:

## Edit your wardrobe

"The first thing you need to do is get yourself a partner, someone you trust, to help you edit," says Fascitelli, president and creative director of Close-ette Too, an on-line shopping guide for all

things organizing. "This person is someone who is going to tell you the truth, whose style you admire and who has a good eye for your own personal style. Editing or culling your wardrobe is not only about finding things that you haven't worn in one or two years, but also asking, 'Would I buy this today?'"

## Colour code

Sort your clothes by colour and type. Keep pants with pants and skirts with skirts, and then organize each cat-

egory from light to dark, says Fascitelli.

## It's all about the hangers

"The least expensive thing you can do to get your closet organized and cleaned up is to buy all the same style and colour hanger," says Fascitelli, who prefers using a neutral colour. For her product line, Clos-ette Too, she says they spent years developing the perfect hanger. "It's a skinny, soft hanger in five different styles for all different types of garments."

## Folding vs. hanging

The general rule is "hang everything you can," says Fascitelli.

If you don't have too much space on your closet rod, the items she specifically feels should be hung are coats, pants, dresses, suits, tailored shirts, silk blouses and gowns.

The best items to fold and store on a shelf or in a drawer are T-shirts, sweaters, gym clothes, jeans and delic-ates — such as beaded and cashmere pieces.



Organizing your closet makes for a smarter wardrobe. GETTY IMAGES



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Lighting is an essential part of the Mad Men look. HO

## Art

- Most of the modern art on Mad Men isn't actually vintage. Didul has found great pieces at rental galleries such as Art Pic in Los Angeles, and through artist friends.
- The dramatic dot graphic in the show's ad agency office was created by the art department under Bishop's guidance. The piece echoes the work of English Op Art

proponent Bridget Riley. Similar posters are at [zazzle.com](http://zazzle.com).

- You can find reproduced examples of one of that era's most prolific designers, George Nelson, known for sunburst, asterisk, polygon and ball wall clocks (Polygon clock, \$590 at [wayfair.com](http://wayfair.com)).

THE ASSOCIATED PRESS





# On buying a house for one

**Buy Herself.** Property Virgins' Sandra Rinomato helps single women buy their first home in a new series on HGTV

Sandra Rinomato first brought her real-estate know-how to the small screen in Property Virgins, helping first-timers looking to land a home.

With Buy Herself, which premiered Monday on HGTV, the Toronto real estate broker is again coming to the aid of prospective property owners. But in her new series, she is

zeroing in on a steadily growing segment of first-time buyers: single women.

As someone who chose to purchase a property solo, Rinomato can relate to the unique challenges faced by singles venturing into the market — particularly when it comes to having a sole breadwinner make the mortgage payments.

"I wasn't guaranteed to get that paycheck every Friday, so that was an issue for me," the real estate broker said. "When I bought a house completely on my own after a breakup, I was used to having a dual income; and then that extra person wasn't there anymore."

Rinomato was still able to fulfil her home ownership

aspirations by opting to buy a property with a basement apartment.

"I said to myself: 'This basement apartment is nice enough for me to move into if I have to, and I can rent out the top for more money; or, I can rent out the basement and live up here.' So, depending on how bad my income became, I had options." When she later moved out of the home, she retained it as an investment property.

In Buy Herself, Rinomato works with women in their 20s, 30s and 40s, all with different reasons they're opting to buy — and buy alone.

In the series premiere, 37-year-old single, career-oriented Kelly is looking to leave

behind her rental in a building largely populated by seniors for a place where she can be among fellow professionals.

Future episodes will include an aspiring real estate mogul living with her father and step-mother, and a single mother with a baby daughter who are outgrowing their rental.

Rinomato said this is the first time in modern history that women are so prominent as both buyers and homeowners. She can recall a time many years ago where banks wouldn't loan to women without a male co-signer.

There are any number of reasons propelling women to get a foothold in the market, whether it's a desire to decor-

ate, nest and have people over to enjoy the space, or the appeal of a money-making investment, she noted.

Rinomato said safety is also a common concern and part of what's driving many women toward buying condos.

Once the home search gets underway, Rinomato said first-timers should regularly revisit their wish lists as perceptions typically change when touring potential homes. She also encourages women to stay focused on their goals and needs.

"Forget about granite countertops. If they're not there, is that really going to affect your enjoyment of the property? If it is, OK, that stays on the wish list," she said. "Is

## Esthetics

- **Looks top list.** The esthetics of a home are also of particular importance for female buyers, notes Rinomato. "They are more concerned about the type of appliances, the countertops, the decor and the flooring, whereas a house or a property that needs some work will scare a lot of women away because they don't want to take on the task," she said. "They want to buy this place and move in and relax and they want to start decorating and entertaining and having fun..."

the location really going to affect your lifestyle? If you don't mind a big commute to where you work and play, then you can buy outside of the city."

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# Get the sweetest results every time with homemade treats

## Maple Carrot Cakelets with Cream-Cheese-Maple Frosting



This recipe makes 12 cakelets. EMILY RICHARDS



**DINNER EXPRESS**  
Emily Richards  
food@metronews.ca

For an added bit of sweetness in these cakelets, use a wooden spoon handle to make a small hole in the centre of each one and fill it with some icing before spreading the top with icing.

**1.** In bowl, whisk flour, baking powder, cinnamon, nutmeg and baking soda; set aside.

**2.** In bowl, whisk maple syrup, sugar, eggs, butter and vanilla until smooth. Stir flour mix into maple syrup mix and stir to combine. Stir in carrots.

**3.** Scoop batter into 12 greased or lined muffin tins. Bake in centre of 350 F (180 C) oven for about 25 minutes or until cake tester inserted in centre comes out clean. Let cool completely.

**4. Cream-Cheese-Maple Frosting:** In bowl, beat cream cheese and maple syrup. Gradually add

icing sugar and beat until fluffy and smooth. Spread each cakelet with frosting and sprinkle with sprinkles if desired.

**EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

### Ingredients

- 2 cups (500 mL) flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) cinnamon
- ½ tsp (2 mL) ground nutmeg
- ¼ tsp (1 mL) baking soda
- ¾ cup (175 mL) pure maple syrup
- ½ cup (125 mL) brown sugar
- 2 eggs
- ½ cup (125 mL) butter, melted
- ½ tsp (2 mL) vanilla extract
- 1 ½ cups (375 mL) grated raw carrots
- Cream-Cheese-Maple Frosting**
- 4 oz (125 g) light cream cheese
- 2 tbsp (25 mL) pure maple syrup
- 1 1/3 cups (325 mL) icing sugar

### Cookbook of the Week

## The Back In the Day Bakery Cookbook



Back in the Day Bakery is a Savannah, Ga., landmark. To celebrate its 10th anniversary, owners Cheryl and Griff Day have written a book filled with customers' favourites.

The book is packed with the couple's baking know-how and recipes for their Buttermilk Biscuits, Old Fashioned Cupcakes, Chocolate Bread, Cinnamon Sticky Buns, S'more Pie, Drunk Blondies and more.

Full-colour photos of food and behind-the-scenes bakery shots give readers a glimpse into the sweet daily life at the bakeshop. **METRO**

# Make drool-worthy popovers

This simple pastry — they resemble large, inflated muffins, but are hollow — comes together in almost no time and calls for just a handful of ingredients.

Even better, the batter can be made the night ahead. And because they're not too sweet, they'll work as breakfast treats as well.

**1.** Heat oven to 200 C (400 F). Coat a 1.5-l (6-cup) popover pan with cooking spray.

**2.** In blender, combine flour, milk, eggs, butter, sugar, salt and cardamom. Blend until very smooth batter is created, about 1 minute. Fill each prepared popover pan cup about

halfway with batter. The remainder can be baked as a second batch or refrigerated for up to 24 hours.

**3.** Bake 30 mins. Remove popovers from pan and use knife to cut small hole in top of each for steam to escape. Let cool.

**4.** Filling: In bowl, gently

stir mascarpone, honey, lemon juice and zest, and cinnamon. When popovers have cooled enough to handle, carefully tear opening in each just enough to be able to spoon in about 50 ml (1/4 cup) of the filling. Serve each with sliced strawberries or other fresh berries. **THE ASSOCIATED PRESS/**

### Ingredients

#### Popovers

- 500 ml (2 cups) all-purpose flour
- 500 ml (2 cups) milk
- 4 large eggs
- 30 ml (2 tbsp) butter, melted
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground carda-

#### Filling

- 2 tubs (each 250 g/8 oz) mascarpone
- 30 ml (2 tbsp) honey
- Juice and zest of 1 lemon
- 10 ml (2 tsp) cinnamon
- Sliced strawberries or other fresh berries, to serve

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**Beer.** HogsBack Brewing celebrates second anniversary with Kilty Bastard



JEFF O'REILLY  
For Metro

It seems like just yesterday when Frank, Mark, Jerry and Paige decided they were going to start brewing beer. And here they are, celebrating their second anniversary of the first brew — their flagship Vintage Lager — with the release of their first limited edition seasonal brew Kilty Bastard — a delicious colla-beer-ation with their friends from the Ashton Brewing Company.

And with two years ... why not two beers? From two brewers and two parties to celebrate? Double the taste and double the fun.

"We are so happy with the support we've received over the past two years," says Paige Cutland, owner of HogsBack Brewing Company. "It's great that we can celebrate our success and in doing so, do something for a great cause and for the community that has supported us."

HogsBack Brewing Com-

## Delicious

"The nose is filled with sweet malts and roast aromas as the malty richness of caramel, chocolate and a splash of vanilla with fruity tones and a very mild hop character up front before the tasty, roast bitterness that sits back till the end.

pany's Birthday Bash is Saturday at the Elmdale Tavern, raising money for the Christie Lake Kids Camp. The Kilty Bastard Launch Party is tonight at The Highlander Pub.

HogsBack's Kilty Bastard Scotch Ale (five per cent alcohol by volume) pours a deep ruby amber with mocha tan head into a bulbous HogsBack pint glass. The nose is filled with sweet malts and roast aromas as the malty richness of caramel, chocolate and a splash of vanilla with fruity tones and a very mild hop character up front before the tasty, roast bitterness that sits back till the end. The mouth feel is a luxurious, creamy smoothness that is moderately carbonated with a soft lingering finish. Very sessionable. Happy birthday HogsBack!



Nelson proudly presents a Kilty Bastard Scotch Ale at The Highlander Pub.  
DARREN STEVENS/FOR METRO

## A new location for 'best' butter chicken

Since 2005, there has been a sign proudly advertising "Best butter chicken in town!" in a small takeout shop's window in Hintonburg. If you took a step into that shop you would have noticed photos of owner Rakesh Walia with such dignitaries as Prime Minister Stephen Harper and astronauts, whose taste buds also agreed.

Those photos have migrated to their new location at 1000 Somerset St. W., and some of those famous politicians, cops and eager neighbourhood patrons lined up April 4 for the opening of Indian Express Food and Sweets.

"My favourite is probably their butter chicken, naan bread and, of course, any of the sweets," said Mayor Jim Watson, one of the restaurant's fans.

The full menu includes delicious, spicy curries, vegetable biryani and crave-worthy kheer (Indian-style rice pudding). "Thirty years ago there

were few multicultural restaurants in Ottawa," said Watson. "This is a great success story."

Patrons will have difficulty choosing from a colourful range of Indian sweets, which include rich, chocolate coconut filled squares to sweet, candy-orange jalebi.

Hot onion and vegetable pakoras were passed around with perfectly golden samosas stuffed with chunks of potatoes and green peas, all using traditional recipes.

A dream since he was a little boy in India, owner Walia has the whole family involved in running the business. "My son loves helping out after school." The new space can sit about 40 diners and prices remain very affordable. Open daily.

Indian Express Food and Sweets is located at 1000 Somerset St. W. For more, see indianexpressfoods.com.

SAMANTHA EVERTS

## Community Harvest. Growing food for charity

SAMANTHA EVERTS  
For Metro

However you say potato (po-tah-toe?), growing food for education and charity is great for the city.

The Ottawa Food Bank has a successful project called "Community Harvest," where local farmers and home gardeners can donate

their produce to help the hungry. Roots and Shoots farm donated about 90 kilograms of tomatoes, peppers and eggplants last season to contribute to the impressive total of 7,250 kilograms of produce received in 2011. Setting aside a row in your garden can make the same impact, which led to the students at Heritage Academy getting involved.

They are combining agricultural education and their school garden with community-building skills. They are hoping to donate one tonne of potatoes by this fall by having community members pick up one of 20 "potato towers" that will help yield 50 kilograms of potatoes each. They already have five schools involved, but if you have a four-foot space with

dirt, you can also participate. Those magical spuds can grow in limited spaces because they tend to grow vertically.

These small-fee towers will help that process and will be available to pick up April 27. If you are interested in participating, more information is available at [heritage-academy.com/the-potato-project/](http://heritage-academy.com/the-potato-project/)

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# Cheese. Patience is a virtue

**Artisan.** Healthy dose of passion goes into making Monforte Dairy's Black Sheep

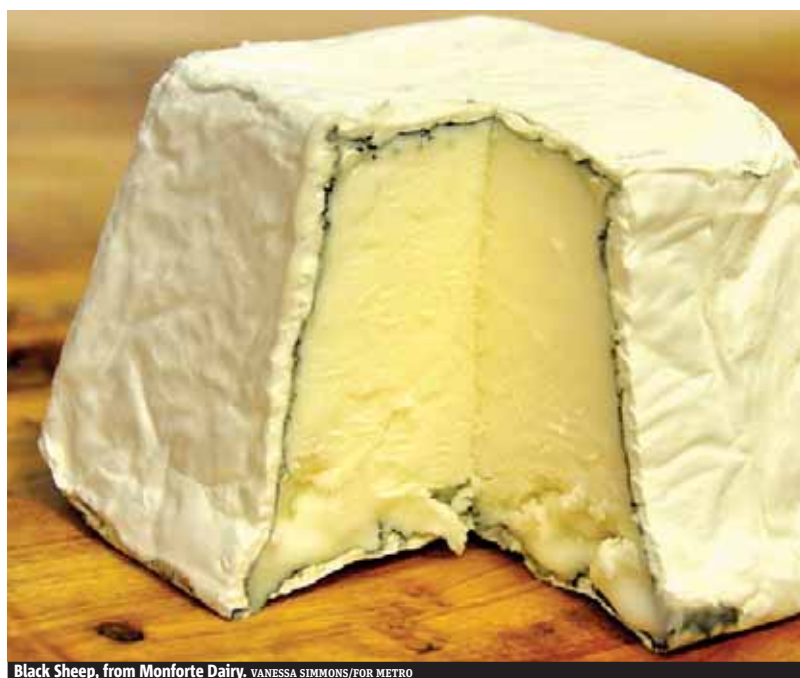


**CURD ON THE STREET**  
Vanessa Simmons  
For Metro

My cheese pick this week, Monforte Dairy's Black Sheep, is a tribute to all those who march to the beat of their own drummer, are often the odd man (or woman out), or venture down the cheesy road less travelled.

Ruth Klahsen, one such individual and a self-taught cheesemaker, understands artisan, and believes strongly in not rushing cheeses as they develop. "crafting cheese with care, and a commitment to excellence." A healthy dose of patience, deep love of her craft (and each and every one of her cheeses, like her three sons), drives her cheese prowess.

Black Sheep Cheese is a soft, surface-ripened sheep's milk cheese shaped like a pyramid with the top sliced



Black Sheep, from Monforte Dairy. VANESSA SIMMONS/FOR METRO

off, inspired by France's Valencay. Handmade, when young, it sports a vegetable ash coating dark as midnight. With age, a snow white bloomy rind develops, adding

mild piquant flavours and protecting the creamy, rich, milky, earthy goodness inside.

Now available at The Piggy Market, Black Sheep stands out from the crowd.

Catch this, more Canadian top cheeses, and my Taste of Quebec tutored tasting at the Great Canadian Cheese Festival, which runs June 1-4 in Prince Edward County.

# Uncork a bottle of local wine



**SEASONAL SIPS**  
Allyson Bycraft  
For Metro

## Earth Day, April 22:

Buying local is a great way to celebrate Earth Day. Take it one step further with Featherstone Estate Winery Canadian Oak Chardonnay (\$21.95, +149302) from the Niagara region.

Featherstone has been insecticide-free since 1999 and employs many leading-edge, eco-friendly farming practices.

The oak for the barrels used to age this wine comes from the banks of Ontario's Grand River.

Try this full, rich Chardonnay with a roasted free-range chicken from a local farmer. Available now at Vintages.

## April Showers:

Warm up those rainy days with a rich, purple red wine, reminiscent of those May flowers that are on their way. La Puerta Alta Bonarda (\$14.95, +261990) from Argentina fits the bill with its dark colour and earthy, fruity flavours.

The Bonarda grape was, at one time, set to become the signature grape of Argentina, until that title was claimed by Malbec. As a result, we don't see much Bonarda here, so this is a great opportunity to try this quality grape. Available now at Vintages.

ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE IN CALIFORNIA AND BRITISH COLUMBIA. FOLLOW HER GOINGS-ON AT SCRATCHINGSFROMMACELLARAT.BLOGSPOT.COM.



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--	---	--	--

### Fresh Meat

<b>Fresh Pork Bellies</b> Reg. \$2.89 lb  <b>2<sup>19</sup> lb</b>	<b>Beef Sirloin Tip AAA</b> Reg. \$4.79 lb  <b>3<sup>89</sup> lb</b>
---	---

### Produce

<b>King Oyster Mushroom</b> Reg. \$3.59 ea  <b>2 FOR 5<sup>00</sup></b>	<b>Cucumber</b> Reg. \$1.29 ea  <b>99¢ lb</b>	<b>Tomato</b> Reg. \$1.59 lb  <b>69¢ lb</b>	<b>Gala Apple</b> Reg. \$1.29 lb  <b>88¢ lb</b>
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# 9TH ANNUAL BEST NEW PRODUCT AWARD WINNERS

The 9th annual Best New Product Awards program focuses on everyday food, beverage, health, beauty and household products. More than 53,000 Canadian consumers from coast to coast participated in this year's study to pick the 2012 Best New Product Awards winners. Developed and backed by leading independent market research firm BrandSpark International, the Best New Product Awards has become the Canadian shoppers' seal of approval.

The winning products make one great shopping list! Download it at: [www.BestNewProducts.ca](http://www.BestNewProducts.ca)

## BEST HEALTH & BEAUTY PRODUCTS

### BEST IN HEALTH & BEAUTY CATEGORY

- Colgate My First Toothpaste
- One A Day Fruiti-ssentials
- Crest 3D White Advanced Vivid Toothpaste
- Crest 3D White Whitestrips Professional Effects
- Active 3 Sport For Men Shower Gel
- Dove Nourishing Oil Care Shampoo & Conditioner
- Olay Silk Whimsy Moisturizing Body Wash
- Rub A535 Ultra Strength No Odour Topical Analgesic Cream
- Soft Soap Deep Cleansing Sea Mineral Hand Soap
- Degree Men Adrenaline Everest Deodorant
- Secret Natural Mineral Deodorant
- CoverGirl Lashblast Fusion Mascara
- Maybelline Fit Me Foundation
- Nair Ultra Precision Face & Eyebrow Rollon Wax
- CanesOral combi-pak
- Trojan Bareskin 10's
- Gillette Fusion ProGlide Shave Prep
- Burt's Bees Tinted Lip Balm
- Oral B ProHealth For Me CrossAction Toothbrush
- Graval MultiSymptom Tablets: Ginger And Willow Bark
- Nice 'n Easy Colour Blend Foam
- Nivea Pure & Natural Cleansing Lotion

## BEST FOOD & BEVERAGE PRODUCTS

### BEST IN FOOD & BEVERAGE CATEGORY

- Nestle Mini Drumstick Frozen Dessert
- Betty Crocker Gluten Free Cake Mix



- Del Monte No Salt Added Vegetables
- VH Steamers
- Kraft Mozzacheddar Light Shredded Cheese
- Dr. Oetker Panebello Bakery Crust Pizza
- Maple Leaf Natural Selections Meat
- Dempster's WholeGrains Canadian Century Grains
- Stride Spark Gum
- Smucker's Simple Blends Fruit Spread
- Del Monte Refrigerated Blueberries Snack Cup
- Nutrigrain Superfruit Flavours
- Minute Maid Heart Wise
- Werther's Original Caramel Chocolates
- Astro Original Greek Yogourt
- Bick's 50% Less Salt Pickles
- Lipton Herbal Pyramids Tea
- High Liner Market Cuts
- Silk True Almond Dark Chocolate Beverage
- Great Grains Cereal
- Campbell's Light Cream Of Mushroom Soup
- Molson Canadian 67 Sublime
- Smirnoff Coconut Vodka

## BEST HOUSEHOLD PRODUCTS

### BEST IN HOUSEHOLD PRODUCTS CATEGORY

- Mr. Clean Magic Eraser Bath Scrubber
- Whiskas Reclosable Wet Food Trays
- Febreze Set & Refresh Air Freshener
- Dawn Destinations New Zealand Springs Scent
- Oxi Clean Max Force Power Paks Stain Remover
- Tide Free For Cold Water
- Glad Compostable Bags With Odour Guard
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## OXICLEAN® MAXFORCE® POWER PAKS STAIN FIGHTER | OXICLEAN.CA

Stain fighting performance meets convenience with OxiClean® MaxForce® Power Paks. Detergent alone isn't always enough to get clothes their cleanest. **Single-dose OxiClean® MaxForce® Power Packs boosts detergent power** to help remove more of the toughest stains the first time, while leaving clothes whiter and brighter.

*"Because the portions are already set, there is no measuring and I tend to use the proper amount rather than pouring in more."* – Jennifer P.

*"Convenient to toss one in my washer when I have very dirty clothing like gardening clothes."* – Judy F.

*"With two young kids, I'm always battling challenging stains like food, mud and grass. With OxiClean Power Paks, most stains are totally gone after the first wash – and no more dingy-looking clothes!"* – Grace C.



## GRAVOL® MULTI-SYMPTOM® TABLETS: GINGER AND WILLOW BARK | GRAVOL.CA

This product is a **naturally sourced and non-drowsy anti-nauseant, pain reliever and fever reducer**. Ginger is traditionally used in Herbal Medicine to help relive digestive upset like nausea and indigestion. Ginger is used also to prevent the symptoms of nausea and vomiting associated with motion sickness, postoperative nausea and seasickness. Willow bark is used to relieve headache, fever and mild aches and pains.

*"It's great to take a single Graval Multi-symptom Tablet and get relief for all my symptoms. The bonus is once I feel better, I can get out and get going because there are no drowsy side effects."* – Karen L.

*"It is non-drowsy. That is why it is constantly used in my household."* – Joanne H.

*"I like that it uses ginger—a natural way to solve the health issue involved!"* – Rhonda B.



## TROJAN® BARESKIN® CONDOMS | TROJAN.CA

Get closer with new **Trojan Bareskin Condoms** – our thinnest latex condoms ever! Trojan Bareskin condoms are **40% thinner** than our standard latex condoms for a more natural feel and feature a silky smooth lubricant for enhanced comfort and sensitivity. **No other Trojan condom gets you this close!**

*"As it says on the product it's thinner than what we are usually used to. It feels almost like "wearing" nothing."* – Katie M.

*"So thin you almost feel like you're not wearing one."* – Steve D.

*"Both my partner and I love this product. It's very comfortable and natural-feeling."* – Tania H.

*"All the old complaints we've had about condoms don't apply to these ones! They feel very natural."* – Michael W.



## RUB A535® ULTRA STRENGTH NO ODOUR CREAM | RUBA535.CA

A fast-acting, deep-penetrating topical pain reliever that **contains 50% more active ingredient** than Rub A535 'regular' No Odour Cream. This discreet product is odourless, non-greasy, non-staining with no heating or cooling effect and starts to work on contact.

*"Finally I can apply an analgesic cream without all the unpleasant "extras"! Rub A535 Ultra Strength No Odour doesn't smell, stain, heat up or feel cool. It just works! Almost immediately, I can feel the relief deep in my muscles."*

– George H.

*"Fast acting, no odour. Works immediately. Best of it is that it is a great pain reliever."* – Bev B.

*"I have arthritis, and this is a product I've known and trusted for years."* – Lori W.



## NAIR® ULTRA PRECISION FACE & EYEBROW ROLL-ON WAX HAIR REMOVAL | NAIRCARE.CA

This product's unique ultra precise roll-on applicator is **derived from professional techniques** to smoothly follow the curves of the face for precise yet gentle hair removal. This wax is **100% rinseable**, and provides long lasting results.

*"I used to regularly visit my salon for eyebrow waxing. Now with Nair Ultra Precision Roll-on hair removal, I get the same great results at home, saving me time and money!"*

– Elizabeth H.

*"It does the job – and is long lasting. Plus, love the roll on!"* – Dawn F.



Enter to win all of the 2012 Best New Product Award winning products at [www.BestNewProducts.ca](http://www.BestNewProducts.ca)



## 4

## SPORTS

## NHL playoffs

**Penguins stay alive**

Pushed to the brink of a sweep, Pittsburgh's Sidney Crosby, Evgeni Malkin and Jordan Staal pushed back with a vengeance, helping the Penguins score nine goals in the first two periods in a 10-3 win over the Philadelphia Flyers on Wednesday in their opening-round playoff series. Staal had a hat trick, Malkin scored his first two goals of the series and Crosby added one to help the Penguins cut the series deficit to 3-1. Game 5 is Friday in Pittsburgh.

THE ASSOCIATED PRESS

## On the web



The Indianapolis Colts say they know who they'll select at No. 1 in the NFL draft and it will almost certainly be Peyton Manning's successor. But which top QB they'll take with the pivotal pick remains a closely-guarded Colts secret. Scan the code for the story.

# Turris pulls trigger as Sens top Rangers in OT

**NHL.** Ottawa fights back after falling behind 2-0 to even up series

Kyle Turris scored at 2:42 of overtime to give the Ottawa Senators a 3-2 victory over the New York Rangers Wednesday night.

The Senators tied their Eastern Conference quarter-final series 2-2. Game 5 is Saturday in New York.

Milan Michalek and Sergei Gonchar also scored for the Senators. Craig Anderson stopped 31 shots.

Anton Stralman and Ryan Callahan scored for the Rangers. Henrik Lundqvist made 28 saves.

Both teams had great opportunities to go ahead in the third period. Ottawa created a flurry of chances in the final minute, but was unable to beat Lundqvist. New York's best opportunity came with just over five minutes remaining when Nick Foligno was given a tripping penalty, but the Senators managed to kill it off.

Anderson made huge stops on Brian Boyle and Brad Richards early in the period to keep the Senators hopes alive, while Lundqvist made a huge save on Chris Phillips with just over seven minutes remaining.

Ottawa cut the Rangers' lead to 2-1 at the seven-minute mark of the second as Matt Carner, coming out of the penalty box, took a pass from Jason Spezza and fed it to Michalek, who backhanded it over Lundqvist's right shoulder.

The crowd of 20,340 at Scotiabank Place went on to give Ottawa a standing ovation for over three minutes.

With Ottawa on the power



Kyle Turris celebrates his game-winning goal with teammate Jim O'Brien as Rangers goalie Henrik Lundqvist looks down on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

## Game 4

3

Senators

2

Rangers

play late in the period Senators fans went crazy when Marc Staal caught Spezza in the face with a stick and then gave him an elbow to the head and no penalty was called. Spezza was hunched over when the hit took place, and he went down hard and left the game. He returned for the start of the third.

Ottawa tied the game on the same power play as Gon-

char's shot from the top of the faceoff circle made it through

traffic and past Lundqvist.

The Senators were forced to play without Jesse Winchester for the third as he suffered an upper-body injury in the second. Winchester played a team low 5:44 through two periods.

Coming into the game the Rangers were 1-for-11 with the man advantage and had talked about the need to improve that aspect of special teams.

They did just that, scoring two power play goals in the first period.

The Rangers took the lead at the 49-second mark of the first on Stralman's power play goal. Just over five minutes later the Rangers made it 2-0 with their second power play goal as Callahan was left all alone at the side of the net to bang in Gaborik's rebound.

THE CANADIAN PRESS



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All Times Eastern

FIRST ROUND

CONFERENCE QUARTER-FINALS  
(Best-of-7)

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)  
(N.Y. Rangers lead series 2-1)

Last night's result

N.Y. Rangers at Ottawa

Saturday's game

Ottawa at N.Y. Rangers, 7 p.m.

BOSTON (2) VS. WASHINGTON (7)

(Boston leads series 2-1)

Monday's result

Boston 4 Washington 3

Tonight's game

Boston at Washington, 7:30 p.m.

Saturday's game

Washington at Boston, 3 p.m.

FLORIDA (3) VS. NEW JERSEY (6)

(Florida leads series 2-1)

Tuesday's result

Florida 4 New Jersey 3

Tonight's game

Florida at New Jersey, 7 p.m.

Saturday's game

New Jersey at Florida, 6:30 p.m.

PITTSBURGH (4) VS. PHILADELPHIA (5)

(Philadelphia leads series 3-0)

Last night's result

Pittsburgh at Philadelphia

Tomorrow's game

x-Philadelphia at Pittsburgh, 7:30 p.m.

LATE TUESDAY

PANTHERS 4, DEVILS 3

First Period

1. New Jersey, Parise 1 (Zajac, Kovalchuk) 0:33

2. New Jersey, Gionta 1 (Zidlicky, Bernier) 3:27

3. New Jersey, Elias 2 (Parise, Clarkson) 6:16 (pp)

4. Florida, Bergenheim 2 (Upshall, Clemmensen) 16:11 (pp)

5. Florida, Garrison 1 (Bergenheim, Campbell) 19:52 (pp)

Penalties — Versteeg Fla (interference) 5:16, Elias NJ (unsportsmanlike conduct) 15:16, Upshall Fla, Salvador NJ, Bernier NJ (roughing) 18:13.

Second Period

6. Florida, Weaver 1 (Smithson, Upshall) 2:18

7. Florida, Campbell 1 (Samuelsson, Fleischmann) 6:34 (pp)

Penalties — Sykora NJ (high-sticking) 5:22, Bergenheim Fla (hooking) 10:40.

Third Period — No Scoring.

Penalty — Bergenheim Fla (roughing) 5:24.

Shots on goal by

Florida 10 10 6 — 26

New Jersey 7 9 9 — 25

Goal (shots-saves) — Florida: Theodore (6-3), Clemmensen (W,1-0)(6:16 first; 19-19); New Jersey: Brodeur (12-9), Hedberg (L,0-1)(2:18 second; 14-13).

Power plays (goals-chances) — Florida: 3-3; New Jersey: 1-3.

Attendance — 17,625 (17,625) at Newark, N.J.

PREDATORS 3, RED WINGS 1

First Period — No Scoring.

Penalties — Josi Nash (interference) 7:38, Bertuzzi Det (elbowing) 11:37, Radulov Nash (tripping) 12:18, Josi Nash (cross-checking) 14:27, Datsyuk Det (tripping) 15:08.

Second Period — No Scoring.

Penalty — Bouillon Nash (hooking) 14:01.

Third Period

1. Nashville, Bourque 3 (Radulov) 1:55

2. Detroit, Hudler 1 (Kronwall, Quincey) 3:14 (pp)

3. Nashville, Klein 2 (Erat) 6:25

4. Nashville, Legwand 1, 19:21 (pp)

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8)

(Los Angeles leads series 3-0)

Last night's result

Vancouver at Los Angeles

Sunday's game

x-Los Angeles at Vancouver, TBA

ST. LOUIS (2) VS. SAN JOSE (7)

(St. Louis leads series 2-1)

Monday's result

St. Louis 4 San Jose 3

Tonight's game

St. Louis at San Jose, 10:30 p.m.

Saturday's game

San Jose at St. Louis, 7:30 p.m.

PHOENIX (3) VS. CHICAGO (6)

(Phoenix leads series 2-1)

Tuesday's result

Phoenix 3 Chicago 2 (OT)

Tonight's game

Phoenix at Chicago, 8 p.m.

Saturday's game

Chicago at Phoenix, 10 p.m.

NASHVILLE (4) VS. DETROIT (5)

(Nashville leads series 3-1)

Tuesday's result

Nashville 3 Detroit 1

Tomorrow's game

Detroit at Nashville, 8 p.m.

x — played only if necessary

Penalties — Nashville bench (too many men; served by A.Kostitsyn) 2:44, A.Kostitsyn Nash (interference) 7:15, Halischuk Nash (interference) 13:41, Zetterberg Det (high-sticking) 19:04.

Shots on goal by

Nashville 7 3 7 — 17

Detroit 11 17 13 — 41

Goal — Nashville: Rinne (W,3-1-0); Detroit: Howard (L,1-3-0).

Power plays (goals-chances) — Nashville: 1-3; Detroit: 1-7.

Attendance — 20,066 (20,066) at Detroit.

COYOTES 3, BLACKHAWKS 2 (OT)

First Period

1. Chicago, Brunette 1 (Kane, Leddy) 19:31

Penalties — Bollig Chi (roughing) 3:23, Bollig Chi (roughing, misconduct; served by Brunette) 11:51.

Second Period — No Scoring.

Penalties — Klesla Phx (high-sticking) 1:28, Torres Pho (tripping) 5:43, Morris Pho (cross-checking) 18:52, J.Toews Chi (roughing) 20:00.

Third Period

2. Phoenix, Klesla 1 (Boedker, Gordon) 8:16

3. Chicago, Frolik 1 (Seabrook, Bolland) 8:49

4. Phoenix, Whitney 1 (Klesla, Langkow) 9:21

Penalties — Doan Phx, Hjalmarsson Chi (unsportsmanlike conduct) 7:46.

First Overtime

5. Phoenix, Boedker 1 (Pyatt, Klesla) 13:15

Penalties — None.

Shots on goal by

Phoenix 16 6 10 2—34

Chicago 10 10 11 6—37

Goal — Phoenix: M.Smith (W,2-1-0); Chicago: Crawford (L,1-2-0).

Power plays (goals-chances) — Phoenix: 0-3; Chicago: 0-3.

Attendance — 21,627 (19,717) at Chicago.

PLAYOFF SCORING LEADERS

G	A	PT
Giroux, Pha	4	4
Briere, Pha	4	1
Brown, LA	4	1
Crosby, Pgh	2	3
McDonald, STL	2	3
Neal, Pgh	2	3

Not including last night's games

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	7	4	.636	—
Toronto	6	4	.600	½
New York	6	5	.545	1
Tampa Bay	5	6	.455	2
Boston	4	7	.364	3

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	8	3	.727	—
Cleveland	5	4	.556	2
Chicago	5	5	.500	2½
Kansas City	3	8	.273	5
Minnesota	3	8	.273	5

WEST DIVISION

	W	L	Pct	GB
Texas	9	2	.818	—
Seattle	6	6	.500	3½
Oakland	5	7	.417	4½
Los Angeles	4	7	.364	5

Last night's results

Minnesota at N.Y. Yankees

Tampa Bay at Toronto

Texas at Boston

Baltimore at Chicago White Sox

Detroit at Kansas City

Oakland at L.A. Angels

Cleveland at Seattle

Tuesday's results

Toronto 7 Tampa Bay 3

Baltimore 3 Chicago White Sox 2

Cleveland 9 Seattle 8

Detroit 3 Kansas City 1

N.Y. Yankees 8 Minnesota 3

Oakland 5 L.A. Angels 3

Texas 18 Boston 3

Today's games — All Times Eastern

Baltimore (Hammel 1-0) at Chicago White Sox

(Floyd 1-1), 2:10 p.m.

Minnesota (Swarzak 0-2) at N.Y. Yankees

(P.Hughes 0-2), 7:05 p.m.

Texas (Darvish 1-0) at Detroit (Wilks 0-1), 7:05 p.m.

Tampa Bay (Hellickson 1-0) at Toronto

(H.Alvarez 0-0), 7:07 p.m.

Oakland (Milone 1-1) at L.A. Angels (C.Wilson 2-0), 10:05 p.m.

Cleveland (Tomlin 0-1) at Seattle (F.Hernandez 1-1), 10:10 p.m.

LATE TUESDAY

BLUE JAYS 7, RAYS 3

Tampa Bay	ab	r	h	bi	Toronto	ab	r	h	bi
Jnnngs cf	4	0	0	0	YEscor ss	4	1	0	0
C.Pena 1b	4	0	3	0	KJhnsn 2b	5	1	0	0
Longori 3b	4	0	1	0	Bautist rf	2	2	1	2
Scott dh	3	0	0	0	Lind lb	3	1	3	3
Zobrist rf-2b	3	0	0	0	Encnc dh	3	0	0	0
Joyce lf-rf	4	2	2	1	Thams lf	2	0	1	0
SRidge 2b-ss	2	1	0	0	BFrncs ph	1	0	0	0
Briggs ss	2	0	1	1	RDavis lf	0	0	0	0
Vogt ph-lf	1	0	0	0	Lawrie 3b	4	1	1	1
Kopner ph	1	0	1	0	Rasmc cf	3	0	1	0
Gimenez c	4	0	2	1	Arencic c	4	1	0	0
Totals	32	31	3	3	Totals	31	7	6	4

Tampa Bay 000 020 100 — 3

Toronto 103 001 11x — 7

E—Longoria 3 (4), Lawrie (1). DP—Tampa Bay 1

1, Toronto 4. LOB—Tampa Bay 6, Toronto 7.

2B—Gimenez (1). HR—Joyce (2), Bautista (2).

Lind (1), Lawrie (2). SF—Bautista.

Tampa Bay IP H R ER BB SO

Niemann L,0-2 5 3 5 2 1 5

Howell 0 0 0 0 0 1 0

B.Gomes 1 1 1 1 2 2

McGee 1 1 0 0 1 2

Badenhop 1 2 1 1 0 0

Toronto

R.Romero W,2-0 6 8 3 3 3 4

Fraser H,3 1 0 0 0 0 1

Cordero H,2 1 1 0 0 0 1

Santos 1 1 0 0 0 0 1

T—3:05. A—15,331 (49,260) at Toronto.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	9	3	.750	—
Atlanta	7	5	.583	2
New York	7	5	.583	2
Miami	5	6	.455	3½
Philadelphia	5	6	.455	3½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	8	3	.727	—
Milwaukee	5	6	.455	3
Pittsburgh	5	7	.417	3½
Cincinnati	4	7	.364	4
Houston	4	7	.364	4
Chicago	3	8	.273	5

WEST DIVISION

	W	L	Pct	GB
Los Angeles	9	2	.818	—
Arizona	7	5	.583	2½
Colorado	5	6	.455	4
San Francisco	5	6	.455	4
San Diego	3	9	.250	6½

Vesterday's results

Atlanta 14 N.Y. Mets 6

Pittsburgh 2 Arizona 1

Houston at Washington

Chicago Cubs at Miami

L.A. Dodgers at Milwaukee

Cincinnati at St. Louis

San Diego at Colorado

Philadelphia at San Francisco

Tuesday's results

Atlanta 9 N.Y. Mets 3

Colorado 5 San Diego 3

Miami 5 Chicago Cubs 2

Milwaukee 5 L.A. Dodgers 4

Pittsburgh 5 Arizona 4

San Francisco 4 Philadelphia 2

St. Louis 2 Cincinnati 1 (10 innings)

Washington 1 Houston 0

Today's games — All Times Eastern

Chicago Cubs (Samardzija 2-0) at Miami (Nolasco 1-0), 12:40 p.m.

L.A. Dodgers (Harang 0-1) at Milwaukee (Wolf 0-1), 1:10 p.m.

Cincinnati (Arroyo 0-0) at St. Louis (Wainwright 0-2), 1:45 p.m.

Houston (Norris 0-0) at Washington (E.Jackson 1-0), 7:05 p.m.

Atlanta (Minor 1-1) at Arizona (Collmenter 0-0), 9:40 p.m.

Philadelphia (Worley 0-1) at San Diego (Wieland 0-1), 10:05 p.m.

LACROSSE

NLL

EAST DIVISION

Philadelphia (Worley 0-1) at San Diego (Wieland 0-1). 10:05 p.m.

WEST DIVISION



# Torres suspended indefinitely by NHL

**Discipline.** Coyotes forward to miss Game 4 and likely more after hit on Marian Hossa

Raffi Torres has been granted two extra days to prepare his case.

But it's hard to imagine there's much the Phoenix Coyotes winger can say to avoid being handed a significant suspension after sending Chicago's Marian Hossa to hospital with

a devastating hit on Tuesday night.

A hearing will be held Friday at the NHL's New York office to determine Torres' fate — a process required by league rules for disciplinarian Brendan Shanahan to hand out a ban lasting longer than five games.

In the meantime, Torres is suspended indefinitely and will sit out Game 4 of the Coyotes-Blackhawks series on Thursday night.

The incident that landed Torres in hot water came in

the first period of Game 3 after Hossa had passed the puck in the neutral zone. More than half a second later, Torres launched himself into his unsuspecting opponent, catching Hossa in the head with a check.

Hossa was taken from the ice on a stretcher and released from hospital a couple hours later with "encouraging results," according to the Blackhawks. The team ruled him out of Game 4 and didn't disclose the specific nature of his injuries. **THE CANADIAN PRESS**



## Nadal advances in Monaco

Rafael Nadal returns a shot during his 6-4, 6-3 win over Jarkko Nieminen in the second round of the Monte Carlo Masters on Wednesday. **CLAUDE PARIS/THE ASSOCIATED PRESS**

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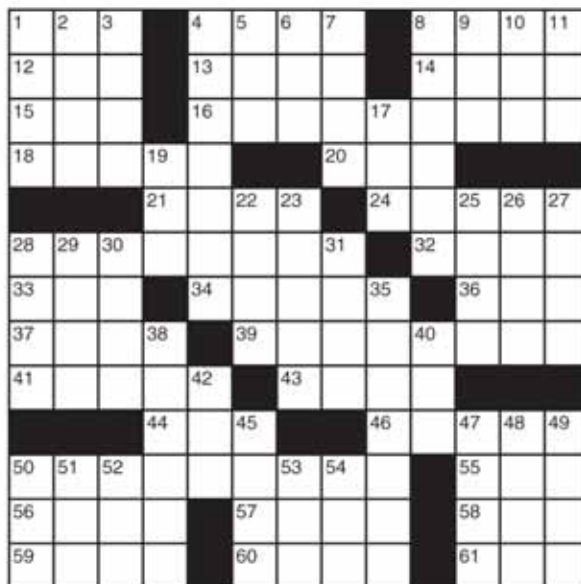
## Crossword

### Across

- 1 Upper limit
- 4 Little demons
- 8 Be in charge of
- 12 Coloration
- 13 Appearance
- 14 Shrek, for one
- 15 Refuge craft
- 16 Erich Segal novel
- 18 Hymn of praise
- 20 Bankroll
- 21 Nuisance
- 24 Veranda
- 28 Furniture for two
- 32 Mediterranean strip
- 33 — out a living
- 34 Dieter's entree
- 36 Forefront
- 37 Broadcasts
- 39 Small parrot
- 41 Skewered meal
- 43 Pleasant
- 44 To and —
- 46 Jockey's handful
- 50 Tomato
- 55 Siesta
- 56 Satan's field
- 57 Genealogy chart
- 58 Bookkeeper (Abbr.)
- 59 On the tainted side
- 60 Fax
- 61 Fix a cuff

### Down

- 1 Bloke
- 2 Emanation
- 3 Lap dog, for short
- 4 Doctor's concern
- 5 Cattle call?
- 6 Angle (Abbr.)
- 7 Distort
- 8 Frank
- 9 Id counterpart
- 10 Timetable abbr.
- 11 Susan of "L.A. Law"
- 17 Easy mark
- 19 Mimic
- 22 Caulk
- 23 Claw
- 25 Sitarist Shankar
- 26 Autocrat
- 27 Full house, e.g.
- 28 Secrecy thwarter
- 29 Tom Joad type
- 30 Hit or miss?
- 31 "Rikki-Tikki- —"
- 35 Issued a fiat
- 38 Without risk
- 40 Spell-down
- 42 Support system?
- 45 Makes a decision
- 47 Part of the foot?
- 48 Scruff
- 49 Unwanted e-mail
- 50 Journey segment



51 Eggs  
52 Energy  
53 Ante-

54 Writer Deighton

## Yesterday's Crossword



## Cryptoquip

### How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

CKGBX ZJMRA Z WGCANU  
WNBXM QEM WYML RT AM  
JN Z QEGF-JZDW BZYTNDANY:  
"AEN KGFZYU MC LZQL."  
Yesterday's Cryptoquip: IF THE KING OF  
HUMBACKS HAD A MALE OFFSPRING, WOULD  
HE BE CALLED THE PRINCE OF WHALES?  
Today's Cryptoquip Clue: O equals W

## Horoscope

### Aries | March 21 - April 20.

No matter how much of a hard time others give you today, you must not rise to the bait.

### Taurus | April 21 - May 21.

As the Sun moves into your birth sign today, your expectations are sure to be high but don't try to do everything at once.

### Gemini | May 22 - June 20.

You may find it difficult to take a certain person seriously but the planets indicate he or she has something important to teach you.

### Cancer | June 21 - July 22.

Speed is of the essence so don't waste time thinking about what you intend to do, just do it.

### Leo | July 23 - Aug. 22.

The Sun crosses the career angle of your chart, making you even more active and ambitious than usual.

### Virgo | Aug. 23 - Sept. 22.

You've been too intense, but now the Sun is moving into one of the more easygoing areas of your chart. You can start smiling again.

### Libra | Sept. 23 - Oct. 22.

Partners and loved ones will be rather demanding today and money worries may be a problem too.

### Scorpio | Oct. 23 - Nov. 21.

The Sun's move into your opposite sign may make it seem as if others have the upper hand but they don't. You're still the boss.

### Sagittarius | Nov. 22 - Dec. 21.

Assert your authority and make sure friends and rivals alike are aware that you are not going soft in your old age.

### Capricorn | Dec. 22 - Jan. 20.

The Sun moves into the most dynamic area of your chart today and over the next four weeks you must go all out to realize your ambitions.

### Aquarius | Jan. 21 - Feb. 18.

It doesn't matter what you start so long as you start something. A good place to begin would be your home.

### Pisces | Feb. 19 - March 20.

If what you're working on fails to inspire you then ditch it — and find your real passion. **SALLY BROMPTON**

## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

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19°/5°  
Partly cloudy

**Friday**

11°/3°  
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John

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